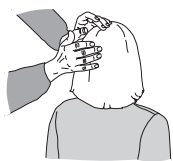


## What is it?

We get a sense of the Metamorphic Technique by looking at how life expresses itself in nature. A little acorn can grow into a big oak tree or a caterpillar into a butterfly. What happens inside the cocoon of a caterpillar? The form of the caterpillar disappears into a jelly like substance which eventually gives rise to a new form, being that of a butterfly.



In other words life simply expresses itself in a different form. However, as well as transformation expressing itself at the physical level, there is also the potential for it to occur at the emotional or consciousness level. In other words a 'change of mind' can also naturally occur whereby we suddenly find ourselves in a much more fulfilling relationship with our life and the world at large.

## What happens in a session?

In the practice of the Metamorphic Technique the practitioner uses a light touch on feet, hands and head, (even if people have a missing limb the practice adjusts to accommodate all situations), while, at the same time, paying attention to not impose



their beliefs or limited understanding on the person receiving the session. In this regard, the founder, Gaston Saint-Pierre, defined the Metamorphic Technique as simply being a practice of detachment, which means providing the person who comes for a session with an environment free from direction, interference and preconceived ideas.

The practitioners have absolutely no expectations of there being any right or wrong way for people to feel or behave either during or after a session.

Sessions are easy to fit into everyday life.



## Benefits people report.

The Metamorphic Technique is suitable for everyone, regardless of age, circumstance or condition of your life.

Practitioners make no claims for the Technique.

It is a fact that many people who have sessions have reported an array of different benefits. For example a number of people talk about improvements in their physical health. From a mental and emotional perspective people have reported letting go of past hurts and self limiting beliefs. People also mention discovering strengths that they were not even aware they had.



In nature, the acorn falls into the earth, yet 'the earth does not give to the acorn, it is the root that takes from the earth.'

*Gaston Saint-Pierre*