



Life at work: an acorn transforming into an oak.

We get a sense of the Metamorphic Technique by looking at how life expresses itself in nature. How does an acorn know how to grow into an oak tree or a caterpillar into a butterfly? The acorn and the caterpillar hold this knowledge deep within themselves. There is an intelligence and power at work that facilitates the potential of both the acorn and the caterpillar to transform them into new life forms. In the same way, the form of life that we ourselves currently experience can also express itself in different ways and even more enriching forms.

In the case of the acorn or caterpillar, life simply reveals itself in different forms. 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 heart or 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.

In the practice of the Metamorphic Technique the practitioner uses a light, non-invasive touch on specific areas of the feet, hands and head while at the same time providing a space free from direction towards a particular outcome. In this regard, the founder, Gaston Saint-Pierre, defined the Metamorphic Technique as simply being a practice of detachment. The practitioner does not look to address specific symptoms or problems, nor do they impose their will or seek to direct the recipient’s life in any way. An environment may then emerge in which it is acknowledged that the power and intelligence, already inherent in the person, is the best guiding factor for the unique life of the person.

Practitioners cannot predict or guarantee what will happen after a session because this depends on the uniqueness of each person's own life. People may feel energized or

relaxed or both, however practitioners have absolutely no expectation of there being any right or wrong way for people to feel after a session.

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

Practitioners make no claims for the Technique, however it is a fact that many people who have sessions have reported an array of different benefits. In some cases people report changes that are immediately noticeable, while in others they are more subtle. They can range from general feelings of having more energy and confidence to improvements in physical, mental or emotional health, releasing of old habits or gradually letting go of past hurts. People will sometimes report significant changes in the way they feel about and think about themselves; they may even report a growing sense of purpose and inner strength. It seems people may be unconsciously drawn to the Metamorphic Technique and the Metamorphic Association in order to create more of what they need in their lives as individuals, and discover new ways they can be of help to the organisations and groups they are part of. Some people have described it like 'coming home to themselves'.

It is entirely up to each person to determine the number and frequency of sessions received. Some people are happy to have just one session, while others have sessions every so often or when they feel the need.

Metamorphic Technique is gentle, easy to learn and, since no special abilities or background is needed, it is accessible to everyone. The practice is very simple to learn and to use. Workshops are available to explore the technique or to deepen your understanding of it. Some want to use it just with family and friends and others wish to train to be practitioners.

Gaston Saint-Pierre founded the Metamorphic Technique in the late 1970's. He had long held a passionate interest in the question of transformation, and also had a deep curiosity about why transformation cannot, it appears, be intentionally 'caused'. When he encountered the Prenatal Therapy work of Robert St. John, this proved to be the final trigger to the emergence of the practice he named the Metamorphic Technique. He founded the Metamorphic Association in 1979 and this became a registered educational charity in 1984.

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