

Press Release

The Metamorphic Technique. A brief explanation.

We get a sense of the Metamorphic Technique by looking at nature. How does an acorn know how to grow into an oak tree? The acorn holds this knowledge deep within itself.

What happens inside the chrysalis of a caterpillar? The form of the caterpillar disappears into a jelly like substance before transforming into a new form, that of a butterfly. This clearly implies that there is an intelligence and power at work that facilitates the potential of the caterpillar to transform into a new life form, being that of a butterfly. In other words, that life takes a different form. In the same way the form of life that we currently experience can also express itself in different ways.

In the practice of the Metamorphic Technique the practitioner uses a light, non-invasive touch on the feet, hands and head. The practitioner does not seek to address specific symptoms or problems, so there is no need to take a case history. Some people may wish to talk, whilst others prefer to be quiet.

Metamorphic Technique practitioners do not impose their will or seek to direct the recipient's life force in any way. This helps provide an environment in which the practitioner trusts that the power and intelligence that are inherent in the life of the person will be the best guiding factor for the unique life that the person already is. There is no need for practitioners to know about your personal or medical history. The Technique is gentle, is easy to learn and, since no special abilities or background is needed, it is accessible to everyone.

Practitioners cannot predict or guarantee what will happen after a session because this depends on the uniqueness of each person's own life force. People often feel energized or relaxed or, on the other hand, sometimes people may briefly re-experience some past symptoms. In either case practitioners have absolutely no expectation of there being any right or wrong way for people to feel after a session.

You can have sessions in any circumstance or condition of your life. In some cases responses 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 often report significant changes in the way they see life and how they feel about themselves; in many cases they experience a growing sense of purpose and inner strength. It seems people may feel drawn to the Metamorphic Technique to create more of what they need in their lives, both as individuals and in the world as a whole. 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 have regular weekly sessions, while others have sessions every so often or when they feel the need.

The Metamorphic Technique is suitable for everyone in every life situation.

Anyone can learn the Metamorphic Technique. The practice is very simple to learn and to use. Workshops are available to explore the technique or to deepen your knowledge of it. Some want to use it just with family and friends and others wish to train to be practitioners. No special abilities or background are needed to learn or practice the Technique.

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 awareness of why transformation could not be intentionally 'caused'. It was as if his whole life experience had provided him with a motivational background and, when he encountered the Prenatal Therapy work of Robert St. John, this proved to be the final catalyst that triggered the emergence of the practice he named the Metamorphic Technique. Gaston would later define the technique as "a practice of detachment". He founded the Metamorphic Association in 1979 and this became a registered educational charity in 1984.

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Mission Statement

The Metamorphic Association exists to disseminate the Metamorphic Technique; to provide the opportunity to join together in a way that brings out and expresses each person's unique individuality and skills; to offer an opportunity to participate in a collective enquiry into the nature of transformation.

Source:

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