



# Press Release

## **Why use the Metamorphic Technique?**

We all have great potential, but due to limiting beliefs that we hold about ourselves and our lives, we tend to get ourselves caught in particular patterns that keep us from fully realising that potential.

These patterns can show up in various ways – physical or mental illness, emotional problems, limiting attitudes or repeating patterns of behaviour. Beneath these external symptoms are corresponding patterns of energy.

The Practitioner of the Metamorphic Technique takes a unique approach to the concept of healing and personal transformation.

## **How can we understand this simple yet profound practice: the Metamorphic Technique?**

We get a sense of it 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 butterfly? The form of the caterpillar disappears into a jelly like substance before transforming into a new form, that of a butterfly.

In a similar way, our total potential is known deep within us and the way we look, act, feel and think can also transform. From the restrictions learnt through life experiences, particularly those from our earliest years, we can express ourselves in a new way of being, able to live more of our full potential in our everyday lives.

## **What does a session of the Metamorphic Technique involve?**

A session usually lasts an hour. The recipient may or may not remove his/her shoes and socks and may be either sitting or lying down. The practitioner uses a light touch on the feet, hands and head. Sessions are non-diagnostic: 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 about it and that is fine, but it is not necessary.

Metamorphic Technique practitioners work in a detached way. This does not mean that they don't care. It simply means that they do not make judgments, impose their will or seek to direct the other person's life force in any way. This detachment is the opposite end of the spectrum from "not caring". Rather, it acknowledges the innate wisdom, wholeness and limitless potential of the person. This creates an environment in which it is that person's own life force which is free to do whatever is needed, rather than the practitioner. Any practitioner, no matter how good, will be inevitably limited in their knowledge, skills, intuition, and ability to hold and transmit energy, whereas your own life force has limitless potential. Most people find sessions very pleasant and relaxing to receive.

## **Is the Metamorphic Technique a therapy?**

The Metamorphic Technique is neither a therapy nor a treatment, as it is not concerned with addressing specific symptoms or problems. There is no need for practitioners to know about your personal or medical history. The Technique is gentle, non-invasive and safe. It can be used on its own or alongside conventional medicine or alternative and complementary therapies. It is easy to learn and, since no special abilities or background are needed, it is accessible to everyone.

The practitioner of the Metamorphic Technique takes a unique approach to the concept of healing and personal development. Whereas people may seek medicine or therapy because they want to be healed of a particular symptom, they feel drawn to the Metamorphic Technique because they feel that somehow there must be more to life than this. Questions may have begun to arise, like “How is it that I keep limiting my life, by constantly repeating old patterns?” or “Am I fulfilling my potential?”

### **What happens after a session?**

Practitioners cannot predict or guarantee what will happen after a session because this depends on each person's own life force, which is unique. People often feel energised or relaxed, or both. Sometimes people may re-experience some past symptoms or some emotional upset over a day or two. This is all part of the bringing up old patterns to be released. Thankfully, while the life force can bring about great shifts, they always seem to be at a level that people can cope with.

In some cases these are immediately noticeable, while in others they are more subtle. They can range from significant improvements in physical, mental or emotional health to general feelings of having more energy and confidence, 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 and may find themselves changing their job, moving house, leaving a relationship or finding a new one as their life “gets on track”. Some people have described it like “Coming home to themselves”. One thing that is noticed time and again as people receive sessions, is that they feel that they are living out more and more of their true potential.

### **How many sessions are needed and how often?**

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.

### **Is the Metamorphic Technique suitable for everyone?**

There doesn't appear to be any situation in which the Metamorphic Technique cannot be used. It is gentle and non-invasive. It can be used safely by many different people, young or old, including children, pregnant mothers, people who are dying and even people who have no limbs.

The Technique can be received on its own or alongside other approaches, whether conventional medicine or alternative and complementary therapies.

### **What can the Metamorphic Technique do for me?**

While practitioners cannot predict the outcome, as each person's life force is unique, the majority of people who have experienced the Technique do report benefits which they have noticed and are due to the working of their own life force, not to the Practitioner's influence. These benefits can be experienced on any level, physical, emotional, energetic, mental or behavioural.

People are often drawn to the Metamorphic Technique at difficult times such as illness, bereavement, divorce and so on, or because they feel at a crossroads or 'stuck' in their lives. They find that the power of life within them can help them to cope better in these difficult or transitional times.

Some people simply feel drawn to experience this unique, what some people call “revolutionary”, technique, without necessarily knowing why. They don't have to discuss their problems or delve into their past. People come with a variety of specific conditions on a physical level, or simply with the need to express their creativity or with a desire for self development. The Technique does not seek to address these patterns, or expectations; however in many cases people find that symptoms have diminished

over time, or that they respond better to other treatments they have been following. Sometimes they find themselves with greater creativity in the conduct of their life.

The Metamorphic Technique has been used a great deal in work with physical and mental disabilities, as well as in schools for children with learning difficulties, in hospitals, in prisons, and by people wishing to overcome addictions, eating disorders and stress-related conditions. Above all, the Metamorphic Technique is suitable for anyone who wishes to make changes that will enhance his/her quality of life.

### **Can anyone learn the Metamorphic Technique?**

Yes. Although the theory behind it can initially seem quite difficult to grasp, the practice is very simple to learn and use. No special abilities or background are needed to practise. It does not involve diagnosis, so no medical training is needed. Many people take short courses so they can use the Technique with family and friends. Parents are especially encouraged to learn, so they can give the Technique to their children.

### **How was it developed?**

The Metamorphic Technique has its origins in the work of two men, Robert St. John and Gaston St. Pierre.

During the 1960s Robert St John, a British naturopath and reflexologist, discovered that he could bring about significant changes by applying a light touch to particular points on the feet that reflexologists call the spinal reflexes. Later, he realised that everyone has his/her own capacity for self-healing and that, if he allowed it to become fully active whilst practising, then his patients would be empowered to be their own healers in a truly effective way. Since permanent, far-reaching changes on a number of levels were now occurring in his patients - changes originating entirely from within the patients themselves - he developed a body of work aptly named Metamorphosis. This unique approach distinguished it from the temporary, limited changes that his previous therapeutic approaches had achieved.

Gaston Saint-Pierre, founded the Metamorphic Technique in the late 1970s. Gaston had long held a passionate interest in the whole question of transformation, but also had a deep awareness of why transformation could not be intentionally "caused". After studying with Robert in the 70's he went on to further develop the work and created the term "The Metamorphic Technique" to differentiate the new direction the work was now taking. The word "technique" is defined as a way of approaching a task that perfects itself in the practice. In 1979 he set up The Metamorphic Association, which was then registered as a charity in 1984, to promote the Technique worldwide.

### **What is the theory behind the Metamorphic Technique?**

From the traditions of Eastern medicine to the new discoveries of science, it is generally acknowledged that energy or *life force* underlies all forms of life. This is the basis for the Metamorphic Technique. It is now widely recognised that our energy can be held in particular patterns. Every cell that makes up our bodies and minds holds memories of our experiences - not only from our childhood but going right back through our time in the womb to the moment we were conceived. When an experience affects us strongly, the thoughts, emotions and beliefs connected to that memory can set up energy patterns. In a sense, they hold us in the past. These energy patterns can express themselves in a variety of ways, such as physical or mental illness, emotional problems, limiting attitudes and beliefs or repeating patterns of behaviour. In fact the Metamorphic Technique sees all mental, emotional, physical and behavioural "problems" as symptoms or expressions of energy patterns. The life force, guided by the person's innate intelligence, will bring about whatever transformations of the energy patterns are needed. The energy is released, freeing him/her from past influences and allowing him/her to live in a new more appropriate way. While the theory can initially seem quite difficult to grasp, it is not necessary to understand it to benefit.

### What is unique about the Metamorphic Technique?

- It is neither a therapy nor a treatment, but a technique that provides an environment within which your own inner life force can start functioning in a different way, enabling you to better realise your potential.
- It is based on a new way of looking at energy patterns. While other approaches often focus on removing energy blockages, here inappropriate patterns can be transformed into more appropriate ones. The energy that was involved in creating and holding the old patterns is released and can be used to create new patterns.
- It is best approached without expectation. Each person's own life force has an innate intelligence of its own. Any changes that occur originate entirely from within the recipient. The practitioner simply provides the necessary environment in which this can happen.
- It is non-invasive. There is no physical manipulation, nor diagnosis, nor any need to discuss personal problems or medical history.
- It is gentle and safe.
- It is accessible to everyone, and easy to learn and integrate into everyday life.
- Once learnt it can be used with family and friends, shared in groups and becomes available to all.

### What people have experienced:

"He was able to put in another piece of the jigsaw," Jane Bennett

"It's like having your soul caressed with this very simple physical practice. This "lovingness" comes through, even with strangers," Ron Muschamp

" It was this little known technique that changed my life for the better and set me on the road to improved well-being," Susan Clarke, Newspaper journalist

\*\*\*Source: The Metamorphic Association ([www.metamorphicassociation.org](http://www.metamorphicassociation.org))

### The Metamorphic Association

The Metamorphic Association is a registered charity whose mission is: To promote good health and wellbeing through awareness, understanding and use of the Metamorphic Technique in the UK and internationally, and to uphold standards in practising and teaching the Technique.

The Association runs workshops, produces publications and maintains a register of practitioners and teachers of the Technique. For further information, please contact using the details below.

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