

Sessions

In practicing the Metamorphic Technique® we use a light touch on specific areas of the feet hands and head, while at the same time paying attention not to impose beliefs or limited understanding on the client.

The Founder, Gaston Saint-Pierre, defined the Metamorphic Technique® as being a practice of detachment, which in our work means providing an environment free from direction, interference, and preconceived ideas wherein the power of life can move in a way that is right for the client.

A session usually lasts for about an hour but can be less if required.

Metamorphic Technique® is not a therapy but it can be used alongside any therapy or medical care.



Benefits

We cannot claim any benefits or success for ourselves or the Technique, nor can we guarantee what will happen after a session. It is the unique life of the client that brings about transformation.

We do notice that healing, help, cure and change occurs as a by-product of this transformation; Life always ultimately working towards fulfilment of the highest potential.

Many people who have sessions report an array of different benefits. These 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 think and feel about themselves; in many cases they experience a growing sense of purpose and inner strength. Some people have described it like 'coming home to themselves'.

In the Family

Metamorphic Technique® sessions can be given safely during pregnancy at any stage. Mother and child are one during this time of tremendous physical and psychological change which can be both wonderful and challenging at the same time.

This could be an ideal time to receive sessions of this simple and gentle practice, consisting of lightly touching specific parts of the feet, hands and head, which have been found to reflect our own period of gestation; the time when all the characteristics with which we live our life were established.

Fathers and/or Birth Partners can be involved by receiving sessions themselves and learn how to give a session during labour and to the baby when they are born.





For Children

Children often love to have Metamorphic Technique® sessions; even though they may not be able to sit for very long it doesn't matter.

Children are moving very fast within themselves so they can usually cope with frequent sessions and seem to resonate easily with the natural movement of transformation available to them.

Short sessions offered at bedtime can be a wonderful opportunity for a quiet and calm time for both parent and child.

How Many Sessions?

It is entirely up to each person to determine the number and frequency of sessions they receive.

Some people like to have regular sessions every week, some will only ever have a single session, and some will enjoy occasional sessions as and when they feel the need.

Ultimately, it is very important that each person be guided by a sense of what feels right for them.

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METAMORPHIC TECHNIQUE®

Founded by Gaston Saint-Pierre

The Metamorphic Technique® is a very simple approach to people, a kind of ritual performed to meet the yearning for transformation of the people who come to see us.

The Practitioner provides an environment to meet the yearning.

Life transforms people's patterns, releasing the potential of self-healing.

Metamorphic Technique® is gentle, safe and suitable for everyone in every life stage or situation.