

Metamorphic Technique® for Babies & Children

Babies & children usually love to have Metamorphic Technique® sessions though children may not be able to sit still for very long. Short sessions offered at bedtime can be a wonderful opportunity to create a quiet and calm time for both parent and child.



Children are moving very fast within themselves so they can usually cope with frequent sessions. As their patterns are not yet so fixed in matter, and they are naturally detached, children seem to resonate easily with the the natural movement of transformation available to them.



How Many Sessions Will I Need?

It is entirely up to each person to determine the number and frequency of sessions they receive. Some people like to have regular sessions while others are happy with one session every so often, or when they feel the need. It is important for each person to be guided by what feels right for them.

If you would like to experience a Session, come along to a Share Group or Introductory Workshop, or ask a question, then please just contact me:

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Metamorphic Technique®

***"Transformation is the movement from
who you are to what you can be,
freeing your creativity***



It's all about transformation! The Metamorphic Technique® is an extraordinary approach to life healing and transformation and can offer a space where we can be ourselves, just as we are right now, while at the same time pointing to the potential for transformation that is always available to us; the movement from who we are to who we can be and already are, in potential. In the practice of Metamorphic Technique® we use light and gentle touch on specific areas of the feet hands and head whilst at the same time paying attention to not to impose our beliefs or our unavoidably limited understanding on the person receiving the session.

What's a Session?

Metamorphic Technique® is a two-part practice. The Practitioner uses a gentle touch on specific areas of the feet hands & head, while at the same time paying attention to not impose their beliefs or limited understanding upon the person receiving the session; we call this 'detachment'.

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, judgement and pre-conceived ideas.

Sessions are easy to fit into everyday life and a session usually takes about one hour, but can be shorter.

Metamorphic Technique® is suitable for everyone in every life situation. Metamorphic Technique® is not a therapy but it can be used in conjunction with any therapy or medical care.

Sessions can also be given to pets & other animals.



Benefits People Report

We cannot claim any success for ourselves as Practitioners or for the technique, nor can we promise benefits or outcomes; there is simply no way to predict or guarantee what, if anything, might happen after a Metamorphic Technique® session because this depends on the uniqueness of each person's own life.

However, we can notice that healing help and change can occur as a by-product of transformation. It is a fact that many people who've had sessions do report an array of benefits.

These can range from general feelings of having more energy and confidence, to improvements in physical mental or emotional health, perhaps a releasing of old habits or an ease with gradually letting go of past hurts. People often report significant changes in the way they see life and how they feel and think about themselves; in many cases they experience a growing sense of purpose and inner strength.

Some people have described the experience as 'coming home to themselves'. It seems that people often feel drawn to Metamorphic Technique® to create more of what they need in their lives, both as individuals and in the world as a whole. It's a kind of hunger for something hard to define, often during times of change, when something more is somehow needed.

Sessions During Pregnancy

Life begins at the moment of conception.

It is possible to give sessions as soon as the pregnancy begins and throughout the pregnancy at any stage.

Mother & child are one; a time of tremendous physical and psychological change both wonderful and sometimes challenging.

How great, during this special time, to receive sessions of this simple and gentle practice consisting of lightly touching areas of the feet hands and head that have been found to reflect our own period of gestation, the time when all of the characteristics with which we live our lives, were established.

Fathers and partners can also be involved by receiving sessions themselves and by learning how to give a session during the pregnancy and labour.

