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The Metamorphic Technique –The Miracle of Life unfolding

It's more than ten years now since I attended a weekend workshop with Gaston Saint-Pierre, founder of the Metamorphic Association in London and author of the books mentioned at the end of the article. There were two courses, one about the Metamorphic Technique and the other about the Universal Principles. These three intensive days changed my life for good. My mind didn't understand all that much during that weekend but on another level something very deep was touched. A certainty was awakened that was to remain with me. The fascination for the miracle of life began to sprout and, to this day, continues to reveal ever new blossoms and fruit. I began to fathom the magnificent power that tries to express itself in ever-changing forms of life.

While listening to the theoretical discourses of Gaston Saint-Pierre the course participants had touched each other's feet, hands and heads with very light movements. The procedure was so simple that I went home, gave my husband a session and taught him how to do it so that he could give me a session. Since then a lot of things have changed in our lives – we have moved, there were two pregnancies and births, change of profession and job ... All the time, though, we continued to give each other sessions, sometimes frequently, sometimes at greater intervals as and when it felt right. Also friends, parents and, after a while, clients were the happy recipients of the fine touches. Then, I did the Teacher Training Course. By teaching the practical work and its background I experience time and again how much I myself and the participants are deeply touched and moved by the wisdom of life.

Background

“Metamorphosis is the movement from who we are to what we can be, which we are already in potential.” (Gaston Saint-Pierre)

We all have great potentials that can be realised. But more often than not, faced with the challenges of life, we forget about them. Due to restricting belief systems about ourselves, we slow down or prevent the revelation of these potentials. We get stuck in old patterns.

Today it has been widely acknowledged that behind all forms of life there is energy or 'life force'. The Metamorphic Technique works from the assumption that all outer manifestations of life are forms of energy patterns. Moreover every cell of our body contains the memory of our experiences that go back to the time in the uterus, our pre-natal period, even to the moment of our conception. When strongly affected by an experience then thoughts, emotions and belief structures that are connected with this experience, can produce energy patterns which we can consider as being frozen moments in time. In a sense they hold us back in our past. These energy patterns may express themselves in different ways, such as physical or mental disease, emotional problems, restrictive attitudes, limiting belief systems or repetitive patterns of behaviour. In this case our life force cannot flow freely. Or we may find that our creativity is curtailed.

While approaches, such as therapies, medical intervention or other methods talk about energy blockages and focus on releasing them, the Metamorphic Technique presents an environment free of direction so that the client's life-force may transform the patterns. The Metamorphic Technique practitioner does not consider other human beings as “blocked”, “shattered” or in need of repair. It is recognised that the energy involved in the creation of the old patterns will

be released and can be used for the creation of new finer patterns. Thus it is not a matter of removing but rather of allowing for the transformation of energy patterns. How they are transforming is totally up to the life force of the person receiving the session. In this light the level of consciousness with which we live our life creates our reality and this happens within a specific context within the right timing.

In order for transformation to happen two requirements must be met. What is to transform needs to be alive. A dead acorn will never produce an oak, the crushed caterpillar will never be a butterfly, and if the sperm dies in the ovum there won't be a new human being. The second requirement is the need of an environment. For the plant this would be the soil, and for the caterpillar it is the home-spun cocoon. What does the ground, the earth do with the seed? Nothing other than dissolving the hard shell. In this sense the earth acts as a catalyst for the seed. The word catalyst comes from the Greek "*katalyein*" which means to loosen a structure. The transformation is performed by the life within the seed. In the same way as there is need for a contact between the earth and the seed, the light touch of the practitioner's hand on the feet, hands and head of the client creates that contact. The structure to be loosened here is the time period from our conception to our birth. Whether the patterns established during that period transform and how, is up to the life force of the client. We may be aware of our client's characteristics, we are likely to feel where and how their life energy flows or recognise patterns in the shape of their feet or listen to their life story. We may even have ideas about the help they need. However as catalysts (no intervention) we need to develop a specific attitude of mind which Gaston Saint-Pierre describes by using the term "DETACHMENT". This is defined in the following way: first *to become aware of the facts I am noticing in the client and/or in myself*, secondly *to acknowledge these facts as an expression of life as it manifest in this very moment*, and thirdly *to let these facts be*. This is done on a mental level; at a practical level, the application of the Metamorphic Technique is done by touching the bony ridge on the inside of the feet, on the outer sides of the thumbs and along an meridian line from the top of the head to the base. These areas have been found to reflect the prenatal period. The touch is evenly applied and without pressure. If I stopped in a certain place or even applied pressure this would mean that I would manipulate the client's energy from the outside to obtain a result. This is exactly what the Metamorphic Technique practitioner does NOT want to do.

This unique method is neither a therapy or treatment since it does not focus on symptoms or problems. We use therapies or treatments in order to be healed. When someone comes to receive a session in the Metamorphic Technique it is because their life force is already transforming old patterns and that person (often quite unconsciously) looks for an environment which is free of direction. As Metamorphic practitioner I never aim to heal or change anything in my clients, knowing that this will come about as a by-product of transformation, in the same way as the broken leg of a caterpillar will disappear once it turns into a butterfly. I do nothing else but providing an environment free of direction. The transformation coming exclusively from within the person is always an irreversible movement from one form to another. A butterfly will never again be a caterpillar but contains the potential of endless new caterpillars who in turn will become butterflies. When transformation occurs, our innate intelligence guides us to the necessary decisions. This may be a visit to a medical doctor, a change of work, a new therapy... As whatever happens does so in harmony with the inner wisdom of the client, so the Metamorphic Technique is totally safe. The practical application of the Technique is very simple and can be learned by everyone. No special skills or qualifications are required.

The practical work

It has been found that our prenatal period – the time when we first establish our life patterns in mother's womb, from conception to birth – is reflected in the same places where the spinal reflex points on feet, hands and head are to be found. These places (as seen in the pictures) are touched very lightly in the practical application of the Metamorphic Technique. The practitioner remains completely detached from expecting or bringing about specific results. That way the energy of the client will be guided by their innate intelligence to transform patterns in a manner that is right for them.

Who comes to receive a metamorphic session?

In principle everyone can receive a metamorphic session. Since the Technique is not a therapy there are no contra-indications. It has been noticed that people who are in a transition period such as a change in job or profession, unemployment, illness, mourning, moving house, retirement, pregnancy etc. tend to learn about this method. Many people report that they are able to deal better with the transitions in life or stressful situations after they have received sessions. It is also observed that people who make use of metamorphic sessions regularly start functioning out of their own innate authority.

Training

The Metamorphic Technique can be learned with certified teachers in weekend seminars, evening classes as well as holiday workshops. A Metamorphic teacher has undergone a teacher training course and, if he or she is a registered member of the Metamorphic Association in London, has also signed a "Code of Professional Practice".

Obviously one can learn the Technique from Gaston Saint-Pierre's books. However it has emerged that the background of the practical work is so unusually new for our thinking that it is advisable to learn and practise the Technique in a workshop situation together with other people. This gives the chance to raise questions or discuss uncertainties. Just as the practitioner provides a specific environment for the client, so a workshop is a very useful environment for the joint exploration of this work.

In this course we are also introduced to the universal principles that are operating behind this approach. It is especially the principle of correspondence which says that every natural object has its spiritual counterpart. A more profound insight into the workings of all the universal principles can be obtained in Gaston's course, or his book on the "Universal Principles" which includes an introduction to the actual practice.

Conclusion

In all the years of knowing and practising the Metamorphic Technique I have come to the conclusion that this simple work carries an unbelievable potential.

The time we live in is characterised by constant and rapid change. Unusual movements are taking place. Wars, crises, environmental catastrophes, a growing uncertainty and an increasing number of anxiety diseases can be observed. These are outer, material representations corresponding on a different level, which cannot be perceived directly, to very radical transformative and, of course, uncontrollable processes, to name but a few the higher Schumann frequency, a changed earth magnetism etc... Where transformation happens there is also death of an old form, so that its energy will be available for the creation of the new form. We are thinking and self-reflecting beings who are able to consciously witness what is happening around us. Thus we realise that there is the death of some patterns but we cannot predict what the new ones will be. That causes fear. Fear in turn is used by the mind to put

obstacles in the way of transformation. The Metamorphic Technique is an approach that can help us find a better way to cope with the huge changes of our time in both small and large areas. Once we stop putting obstacles in our own way we begin to make space for the miracle of life to manifest more fully

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Literature: - **The Metamorphic Technique**, Principles and Practice; Gaston Saint-Pierre and Debbie Shapiro
 - **Fundamentals of The Metamorphic Technique**, Gaston Saint-Pierre and Barbara D'Arcy Thompson
 - **Universal Principles and the Metamorphic Technique**, Gaston Saint-Pierre

Information: - www.metamorphische-methode.ch
 - www.metamorphicassociation.org.uk
 - www.gastonsaintpierre.org.uk
 - www.netwings.ch/SVMM