

Embracing Life

(Transcription of the beginning of a lecture by Gaston Saint-Pierre, the founder of the Metamorphic Technique, in Lenzburg, Switzerland, March 2010)

What do we mean by embracing and what do we mean by life?

Embracing we have a pretty good idea about what it is all about. However, when it comes to embracing life then it becomes a bit more difficult. What is this life that we want to embrace? We are embracing manifestations of life usually but what about life itself? What is the dynamic behind that allows us to make that extraordinary movement which is embracing life? And the question is very relevant because one of the favourite requisites for our work is that the thing that transforms must be alive. If I put a dead seed in the ground of course there will not be a plant. If I walk on the caterpillar in the garden there will not be a butterfly. If the sperm dies in the fallopian tube there won't be a human being. In order to transform, the thing must be alive. We are all alive so we all stand a chance for transformation. But then what is meant by embracing life, if by life we don't mean the manifestations of life? What is this element behind the scene that is there waiting in the wings to be embraced? We are alive but what is life? Words cannot define it, because words are keeping us within a specific domain which is the domain of duality. The transformation of that domain of duality is happening in unity. There is one form and there is another form and in between there is a trigger. So what we are interested in is the nature of that trigger. But what triggers the trigger? There must be something behind the scene. Because the caterpillar will die as a caterpillar and then releasing the form of the caterpillar which will inform the new form which is the butterfly. Form triggers form and in the background there is that life. It is very difficult to get away from the notion that there is life out there. Is that so? It is just part of the story. Because that life out there is the life that we are here too. How about using a little bit of imagination because the mind cannot face the facts. If we are that life, it means that the whole of the universe is within us. Then we realise the importance of stepping out of the dream that the mind wants to keep us in. A few days ago I had a dream and I was Osama Bin Laden. It was important to keep hidden and then I was talking about violence and then talking about tribalism and then there was me watching that dream and then the thought came "Oh, I don't like this", but then the other thought came "if you don't like it you just wake up". Oh okay, so I woke up and there was no Osama Bin Laden.

The dream showed what is happening now in the world because there is this battle between tribalism and global happenings. However, there is a kind of underlying undercurrent, which can be perceived at the inner level. Undercurrent means water. On the surface of it, it is very agitated but it is getting even more agitated as this undercurrent becomes stronger and stronger. The essence of this undercurrent is love. It sends up to the surface bubbles which disturbs the status quo of course and the mind is just fighting very hard to go back to what it knows and what it is comfortable with but the mind is involved with a losing battle. These bubbles are bringing up to the surface new approaches to the world and one of them is called the Metamorphic Technique. At the surface there is a battle to change or not to change. There is a great energy spent trying to get better, trying to heal, trying to help others but we are not interested in that. We are not interested in changing anything. It is not good enough. We have an extraordinary power at our disposal which can do something much, much deeper. Not change, but transformation and with transformation there are qualities which are totally absent with change, because a thing that cannot transform will eventually deteriorate. Transformation is permanent, change is reversible. Transformation is automatic, unconscious and natural. Can the caterpillar go back into the cocoon again to become a caterpillar? It is an outcome of our natural integrity; the word integrity means wholeness, while the mind is simply assuming wholeness. 'You must work very hard to be whole you know' I hear people say... it's all rub-

bish because the mind creates the programme and the mind will use the energy that comes from the programme to ensure it's own survival. We try to cultivate peace but it's still an ideal, and so we send the pendulum very far to one extreme in the name of peace and of course the pendulum will go to the other extreme, which is war. The mind then has become very clever at devising all sorts of tricks to keep control, because as a parasite it wants to eat up its host. Then it doesn't matter if the host dies as the parasite can carry on living a little bit longer. Where does that mind come from? It is a tool created by consciousness to function in duality, in the everyday reality. So that parasite needs only to be put in its place. But then where does that consciousness come from? What is the ground of consciousness? It is intelligence. But it's not out there, like life is not out there, we are that life, we are that intelligence. So we might as well ask them to be our guiding lights, from the level of separation the mind entertains. There are characteristics with transformation that are absent with change. It is why we are interested in this transformation. Healing [health], cure, change will come but as a by-product of that transformation. One day at the door of the kitchen there was a very discreet knocking. I opened the door and there was no one there. I closed the door and started working again. Tap, tap, tap... I opened the door, and there was no one. But I happened to look down and there was this caterpillar. "I hear you are working on feet" it said. Good Lord, a caterpillar that speaks. "Yes, I am working on feet." "Please can you help me? I have broken a few legs and I am in great pain." "How did that happen?" "I fell off the branch." "Can't you hold yourself, you have so many feet?" "I don't know what is happening to me these days. Please stop talking, do something!" "Okay, okay, come in and I'll give you a session."

I prepared myself to give a very long session on a hundred feet, and as I was giving the session, I saw the caterpillar begin to create a cocoon. Of course it was dizzy it was on its way out and I just had time to finish the session when the cocoon closed. But when the butterfly came out where were the broken legs, where was the pain... gone. As a by-product of transformation there will be help, healing, cure and change. Not only are we all alive but we are life and intelligence. And in one way, this life and this intelligence is within us. Why not address this life and intelligence from the tiny tool called the mind and say "help me." I see in nature that there is transformation going on all the time, after all I am part of nature why do I have to struggle so much? Or the other question: why don't we stop struggling? The metamorphic technique is here to answer that question. Careful it's not the metamorphic technique as such that answers the question but the life and the intelligence that we are.

„There is something happening.“ „What is it?“ „Don't you see that there is something happening?“ „Tell me, can you define what is happening?“ „There are all sorts of contortions in me and I'm producing saliva just from thinking about certain things.“ „Oh, does that mean you are hungry?“ „You've got it. Yes.“ „Oh, let's go to the restaurant then.“

We can go and there is a ritual in sitting at the table with the cutlery and so on. And when we come out the hunger has disappeared. „Oh it is because of the restaurant that the hunger has disappeared“ But if I'd gone into the kitchen would it have disappeared as well? Yes, of course. The ritual is not important. What is important is the transformation of the energy of the food into the energy of the body, which will allow us to assuage our hunger.

People come to the Metamorphic Technique because there is a hunger for transformation and so we create a little ritual. The power of life within the person does the transformation of the patterns of the person. The direction towards something else is within the fact itself. The direction towards the oak is within the acorn. The direction towards the butterfly is within the caterpillar. So as practitioners we are very attentive to not giving direction to the energy of the person who comes to receive a session. In other words we keep out of the way. The main principle behind the work is the detachment of the practitioner, because we are very clear that the direction towards another form, and other patterns in people, are inherent in the patterns

that are actually there. In other words we use the book of nature as a kind of bedside story for our work. The earth never gives anything to the plant. It's not the earth that gives; it is the roots that take nourishment from the earth as minerals and the little shoots from the air and light. Pregnant mothers never feed the foetus; it is the foetus that takes the nourishment as necessary from the mother. As a practitioner we are not there to give anything, we are there to be taken from. But to be taken from we need to be home in the house of our being. How do we come home? By practising detachment.

Now, detachment, in theory, is impossible because if I want to be detached it means that I have a motivation, a goal and so I will work towards that goal. I will be attached to the goal and if I am attached I will not be detached. In theory it is impossible. However, in practice it is possible and we define it this way: to notice the facts of the situation or the person, to acknowledge the presence of these facts and to let them be. This is so important that I will reiterate it here. For transformation, the first pre-requisite is that there must be life – and the second one there must be an environment. So the earth is the environment for the seed. The earth is completely indifferent to that acorn that falls into it. It will not bother whether it has little bumps or striation. It does its work as a catalyst. The word catalyst comes from the Greek “KATA LUEIN” which means to loosen or breakdown a structure. So one day there is this acorn suspended from the branch and something moves inside it. Hey, I need a catalyst. So the acorn falls from the branch to the ground. A very simple movement but it is the start of the oak. The earth then loosens that physical structure, and the life within the acorn puts down roots and puts up a shoot. The earth is indifferent, we are detached. That's the environment we create – to notice the facts, to acknowledge their presence and to let them be.

In that definition four things are important. These two verbs, to notice, to acknowledge, have to do with perception and consciousness. Animals, plants and minerals will notice but we can acknowledge because we are aware that we are aware. What are facts? They are a convergence of forces, a source of power. The union of consciousness and of power creates a communication between the two levels, the level of the manifest like the acorn and the level of the non-manifest which is the energy field around the acorn that contains the blueprint of the oak. Then what really does the work of transformation? It is implied in the little verb “be”. To be is to act. To be detached is not to say one doesn't care. In other words we care so much that we agree to let the person be and we put aside our limited means of energy, etc., and limited understanding and crazy construct and let the intelligence and the life in the person do what is right for that person, what is absolutely necessary for the person.

I notice that with clients coming to see me, they come at times not knowing what for, because they've heard the word metamorphosis and that has intrigued them or, for example, recently a woman came to see me who had been sent by a medium who was in a trance. This medium said to her “you must go and have the Metamorphic Technique.” We have very good PR work at the psychic level. Then she asked “shall I come back” and I said “consult with yourself and do what is right for you because I cannot create a programme for you. You are alive and that life is intelligence.” She made another appointment. “Oh I am very glad that you did what feels right for you”. “No, I telephoned the medium” she said. But she was there, meaning that there was a willingness in her to stop putting obstacles to the natural movement of the transformation of her patterns. It's the only thing that counts. We can't encourage the power of life to transform us. It is constantly asking to do that but we can stop putting obstacles in its way.

You are walking in the countryside and come to a river and see a man that is throwing big rocks in the river. „What are you doing?“ „I'd like the river to reach the lake much more quickly.“ We cannot encourage the life force but we can keep out of the way. If I leave an acorn on the table nothing happens. If I put it in the earth there is a potential of transformation that is triggered off. There is need for contact between seed and earth. The contact for us is

the fingers that are going to touch the feet, hands and head of the person who comes to receive a session. Anyone for a session?
Gaston Saint-Pierre, May 2010