

## What is a Session like?

Every session varies as each of us holds energy patterning in a unique way depending on our personal reactions to life experiences. A session begins with a short discussion regarding the client's objectives. Margaretta then uses her intuitive gifts to read the client's energy field which is like a living library of our life experiences.

She then shares this information and gently assists the client to deeply connect with his or her true self to begin the release of patterns, habits and beliefs which are no longer supportive. Margaretta identifies various issues as she discovers them and the client is called upon to notice and address them. Typically, a preferred method of freeing the constricting emotions or beliefs is offered at this time. This may involve breath work, guided imagery, color and sound healing or similar techniques. Margaretta facilitates the release but the client is in charge. Often the release is accompanied by a physical sensation felt as a strong tingling throughout the body followed by profound insight. This work can speed the healing process, relieve pain in the physical body and certainly accelerate personal growth. For some, it can be quite spiritual. Clients have reported numerous examples of feeling connected to the spirit world and have felt the essence of their own spiritual nature which can be a life changing experience.

## A Transformational Healing Session...

lasts from an hour and a half to two hours.

Telephone Sessions Available

One and a half hours - \$150.00

For a Session call - 434 • 293 • 9708

For directions and more information about the retreat center see...

[www.bridgebetweentheworlds.org](http://www.bridgebetweentheworlds.org)

## What people are Saying...

"I had my first session with Margaretta several years ago, and was amazed at how gently and skillfully she helped me release the pain I was holding, and how easily she guided me to clearly see the next steps on my path. Since then, I have worked with her whenever she is in Tokyo, and often over the phone. In the summer of 2005, I had the opportunity to stay at Bridge Between the Worlds for a week and bathe in her nurturing aura. Now she is guiding me as I develop my healing practice in Tokyo. To me, Gretta is one of the most amazing healers in the world."

Rosalyn Hagiwara  
Tokyo, Japan

"Her work is highly effective in bringing to the surface issues we have buried. I am certain that a few sessions with her is worth years of psychotherapy."

Ms. Carroll, Lawyer, California

"The transformations I have made with her assistance have been profound. Her unique style and compassionate heart make working with her a joy."

Dr. Irving, MD, Virginia

"My experience with Margaretta was incredible. Each session I felt more layers of old wounds being healed and cleansed. Our work culminated in her accompanying me to surgery. I felt blessed to have received the remarkable effects of Margaretta's extraordinary healing ability."

Ms. Bodie, RN, North Carolina



## Transformational Healing

"A Form of Energy Medicine"

MARGARETTA  
MCILVAINE



"All healing is the result of a shift in perception"

# MARGARETTA MCILVAINE



Margaretta has been studying different healing modalities for over 20 years. She lived and taught in Northern California for ten years before moving to Japan. Her six year stay in Asia enabled her to travel widely and explore a variety of complimentary techniques. Her approach to transformational work combines her formal training at the Barbara Brennen School of Healing, The Virginia School of Massage, numerous Buddhist retreats, and all levels of Reiki training with her own unique experiences of self-healing and self-transcendence. In addition, she is certified to teach Hatha Yoga. She is the founder of Bridge Between the Worlds Retreat Center in Virginia where she conducts her healing practice. She has clients throughout the United States including Colorado, New Mexico, California, Maryland, as well as in Tokyo, Japan.

**DISCLAIMER:** Margaretta is not a doctor and does not diagnose, give medical advice or treat illness but she can assist you in taking responsibility for your own health care. Nothing described in this brochure should be construed as a recommendation to cease any medical treatment.

# ENERGY MEDICINE

"Any conceivable health problem can be helped, if not overcome, by intelligently shifting the energies in the body that are maintaining that condition. That is the essential promise of Energy Medicine. Energy Medicine will transform healthcare in the 21st Century." Dona Eden



## What is Energy Medicine?

We are at the forefront of an enormous change in the healthcare system. Alternative or complementary medicine has emerged as a major social force shaping medical care in the United States. People are seeking healthcare that involves more than just physical intervention and are beginning to understand that our physical bodies are surrounded by an energy field.

Through this energy field we create our experience of reality. The energy field, only recently verified by scientists, has long been known to healers and mystics around the world. The starting point of all illness, whether it affects our spiritual, emotional, mental, or physical body, is in the energy field. Any imbalance or distortion in this field will eventually cause a disease in the physical body it governs. Energy Medicine assists in clearing, charging, balancing and supporting the human energy field to release patterns of disease, faulty belief systems, mental blocks, unresolved



issues, old pains and fears and in finding new, healthier ways of responding to life and the world.

## What is ... Transformational Healing?

- A form of energy medicine developed by Margaretta McIlvaine that is a gentle and effective means to free the body's systems of stagnant, often deeply rooted emotional blockages and negative belief patterns.
- The opportunity to achieve a renewed sense of strength, creativity, vitality and a deeper sense of connection to yourself.
- For some, it is a method to reduce pain and overcome illness.

As one client reported, "For the first time, I finally feel free enough to really accomplish my dreams."

