

About 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. Many people are seeking out healthcare involving more than just physical intervention. And, many are beginning to understand that we are more than our physical bodies and our physical bodies actually exist in an energy field surrounding it.

It is through this energy field that we create our experience of reality, including health and illness as well as the power to heal ourselves. This energy field, only recently verified by scientists, has long been known to healers and mystics around the world. It is in this energy field that we find the starting point of all illness whether it is in our spiritual, emotional or mental body. The physical body arises out of the energy field, thus any imbalance or distortion in this field will eventually cause a disease in the physical body that it governs. If the disturbance is not cleared from these levels, it usually manifests into the physical realm. 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 find new ways of responding to the world.

What is Transformational Healing?

Transformational Healing is a form of energy medicine that is a gentle but effective means to free the body's systems of stagnant, often deeply rooted emotional blockages. These blockages profoundly affect the health of the physical, mental, emotional and spiritual bodies. These blockages also impede life energy from properly circulating creating physical pain and disease, emotional issues, and/or clouded and compulsive thinking. By discovering the root cause of the blockages and clearing the limiting ideas of self, a new perception of self emerges, a self released from most of its protective armor and liberated from the major traumatic imprints of personal history. To move forward in life and to embrace the fullness and beauty of it, one must release old fears, sadness, anger and faulty belief systems that are no longer supportive. This release always restores one to self-confidence, self-esteem, and self-respect, which then becomes the fuel used to succeed in life. All healing is a shift in perception. Energy follows thought. Once released from old constricting emotions, clients often report a

renewed sense of creativity, a real sense of strong possibility to make life bigger, fuller and more free. They say they have more vitality, a deeper sense of connection to themselves, loved ones and colleagues. One of the beauties of this work is the release of judgment of those who supposedly harmed us and a deep acceptance of self. As one client reported, “For the first time, I feel free enough to really accomplish my dreams.” For others, it is a method to reduce pain and overcome an illness.

What is a session like?

Every session varies from individual to individual as each of person holds energy patterning in a unique way depending on life experiences and reactions to these experiences. The body is like a living library and Margareta uses her intuitive gifts to read this library, sensing emotional barriers, mental constrictions and spiritual misunderstandings that prevent one from reaching his or her full potential.

Often these barriers were erected for protection, so she gently assists the client to deeply connect with themselves and begin the release of patterns, habits, and beliefs which are no longer supportive. She then employs energy clearing techniques which enable the client to balance and clear the chakras of psychic debris and to clear and strengthen the lines of energy in the field. It is aco-creative process designed to release the limiting energies. She facilitates the release but the client is in charge. Breath work, guided imagery, color and sound work are used to release blockages, charge undercharged areas and create a harmonious balance in the different levels of the field. This work is done with High Sense Perception, guidance, muscle testing and the channeling of healing energy. The release of stagnant hidden emotions frees the body’s life energy and is often accompanied by a physical release often felt as strong tingling sensations through out the body, energy surges, itching, heat, and cold. The release is usually followed by profound insight.

It is a journey that we take together. This work can speed the healing process, relieve pain in the physical body and certainly accelerate personal growth. For some, this work can be profoundly spiritual. Clients have reported numerous examples of feeling connected to the spirit world, ascended masters, beings of light and have felt the essence of their own spiritual nature which can be a life-changing experience. It is recommended that one allow themselves time to relax and integrate after the first session and drink plenty of fluids.

Please note: I am not a doctor and do not diagnose or treat illness but I can assist you in taking responsibility for your own health care.