

Body, Mind

'Breath of Light' visualizes energy through body

By Samantha Tisdell Wright

We are all beings of energy and light, and these qualities can be shifted or focused to heal physical and emotional ailments. So says Margaret Gilfoyle, who brings her "Breath of Light" healing modality to Ouray for a series of workshops and private sessions next weekend.

"I've always known I've been very sensitive to energy, ever since I was a little girl," Gilfoyle recalls of her origins as a spiritual healing facilitator. "Over time, that curiosity of figuring out about the unseen has become stronger."

This desire to know the unknown lead Gilfoyle first to become a Reiki master, and then to study with traditional healers and shamans in both Ecuador and South America.

"Each of these different modalities or situations opened me up to experiencing a greater sensitivity," Gilfoyle recalls, until she came to a point where, she says, she began "receiving guidance" for clients to visualize drawing light into various areas of the body.

"As they did so, there was guidance for them to hold the light in the area of the heart or the chest, and to exhale through the back of the heart," she explains. "As they visualized the light remaining in the body, there was, upon exhaling, a great release of build-up of physical challenges leaving through the body."

Thus was born the "Breath of Light" modality, which Gilfoyle now practices both from her home base in Paonia, and as a visiting practitioner throughout the region.

"I believe that everything is energy," Gilfoyle explains of the theory behind her work. "Thoughts, emotions, memories – it all is energy. If there has been a congestion in something that hasn't released, it can coagulate or attract more energy into it, leading to a health challenge."

A typical session begins with the client briefly sharing her current struggles and intentions with Gilfoyle. Then, as the client lies down, Gilfoyle guides her to allow intentional breath to move with spiritual assistance, to dislodge and



■ Breath of Light facilitator Margaret Gilfoyle brings her healing modality to Ouray next weekend. Courtesy photo

In the five or so years since devoting herself full-time to the "Breath of Light" work, Gilfoyle has facilitated thousands of sessions witnessing healing from asthma to alcoholism, chronic pain and cancer, emotional patterns and impact of other peoples' energy.

Gilfoyle's work is informed by the energetic sensitivity she was born with and has cultivated over the years. "I am able to have discernment of what is taking place," she explains. "Sometimes images will come to me – of a person, emotions, or a situation – and I'll share that with the client. I tell them what I am experiencing coming out of their body, being illuminated to me because it's being released."

Gilfoyle's energetic sensitivity is in turn, she says, inspired by her connection to the divine. "I would describe it as being connected with divine love, clarity and intelligence," she explains. "Often times, there is the image and the presence of a specific spiritual master. It can be from any spiritual tradition – the image and presence of Jesus or the Medicine Buddha, Native American guides, the divine mother, or at times appearing simply as a beautiful frequency of light and divine love."

All of this may sound sort of "out there," but Gilfoyle's work often reveals tangible, measurable results.

One early session, Gilfoyle recalls, involved a middle-aged woman who had been diagnosed with heart challenges. Through her work with Gilfoyle, she experienced a "huge release out of her back through her heart area," Gilfoyle recalls. "She burst into spontaneous laughter an joy as the energetic blackness came out of her – there was a sense of floating and feeling very light." As a result, the client was able to reduce her heart meds.

Another memorable session involved an 11-year-old girl who had been born with optic dysplasia – the nerve holding her eyes in place had never properly developed.

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