

A profile of natural health in mind, body and spirit

Margaret Gill



What's it like to have a career that's based on helping people make big changes in their lives? Ask Margaret Gill, Reiki practitioner, whose own 'tree change' led her to start a mentoring, coaching and personal development business. When not seeing clients, Margaret finds her own version of contentment living in Hepburn Springs, famous for its mineral water, spas, and eclectic alternative community.

TURNING POINT Doing a Reiki course in 1999 changed my life. On the first night the energy hit my heart chakra and radiated all over my body. I felt a peace and love so intense that I knew things wouldn't ever be the same again. At the time I was a forensic business analyst. I knew I had to stop it because I was always digging around in the past and I felt like the angel of death every time I arrived at a new contract.

HOME A very cute 100 year-old Victorian cottage with lavender and roses out the front and a vegie patch out the back. It used to be a guest house and still has the little numbers on the bedroom doors. It has no insulation and the wind whistles up through the floor boards in winter - but I love it!

FOCUS I knew I was onto something when I found so many clients had a similar profile to me: they all had some kind of inner voice driving them to a better place; they were all changing something, somewhere, either in life or business, and they were almost always women. Now I specialise in helping others in lifestyle transition, especially people retraining as natural therapists who are setting up businesses for the first time.

INSPIRATION My clients. They are just so fabulous. Many have struggled against all odds to find who they truly are and where they want to be in the world. I know my work helps them and I just love it, and feel inspired to be better all the time.

SPIRITUAL PRACTICE My garden makes my soul sing. Even when everything's going wrong, I put on my daggiest clothes and go out there. Earthing myself keeps me on an even keel.

ROLE MODEL My mum. She has the rare talent of being able to really, really listen to you.

FAVOURITE INDULGENCE Sitting by my pot belly stove, reading, while something hearty bubbles way on the stove. And when it's snowing outside, it's just magical.

FOOD PHILOSOPHY I admire the Chinese philosophy of eating according to the season, and of using food and herbs as a means of keeping the body healthy, as opposed to the Western model of waiting till you get sick before taking them. I try to eat simply, and I no longer drink alcohol or coffee. I rarely eat dairy or wheat products. I get a 'mystery box' of organic fruit and veg from a local farm once a week, so I have fun planning dishes based on what surprises I receive every Friday. And I take coenzyme Q10 - I find it keeps my energy levels up.

EXERCISE I'm a couch potato by nature, but I like walking and riding my bike.

LIFE MOTTO Be remarkable! And always have clean underwear.

Contact Margaret at www.margaretgill.com.

What makes a good transitions coach?

You have to have done it yourself. You need to know exactly what your clients are feeling and going through. You have to have pitted yourself against every fear in your gut and every little negative voice

pounding in your head and telling you that you can't do this, you're a fool to think it, give up now ... and lived to tell the tale. Without that first-hand knowledge, clients might just as well read a textbook.