

Simpson



Spirits

Miracles Can Happen

by Maggie Wilde



"I remember the doctor saying to me "Have you heard of cardiomyopathy? It's the condition they do heart transplants for." I looked at him blankly. "You've got it!" he continued bluntly. "It's a dying heart and the condition yours is in, I'd give you six months to live."

That nightmare discussion took place in August 1984 between Margot Maurice and her Sydney cardiologist. Over 20 years later I sit opposite Margot in a busy Surfers Paradise café sipping lattes and contemplating that long ago discussion. We both smile and concur that Margot was indeed still breathing and in fact healthier than her doctor would have believed possible all those years before.

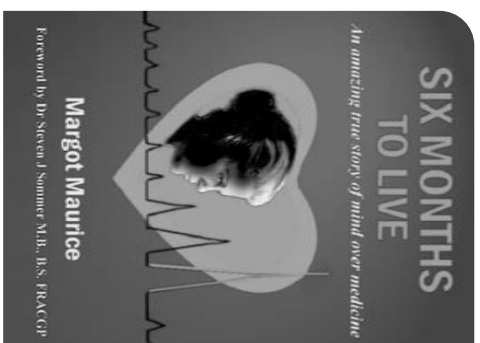
"I'm now 72 years old" she says. "I manage my illness with a combination of traditional medication and complementary medicines. I have a healthy eating plan, do regular meditation and of course I have strength of mind and determination to live. I am a firm believer in spirit, in listening to my inner voice."

Margot was told back in 1984 that her heart was only operating at 20% effectiveness. "I remember the doctors saying people don't recover from this, but I knew they were wrong" she said. "I had received many messages from spirit in the months leading up to my diagnosis. Every message had repeatedly said 'check you heart'. Not one message had ever said I would die. So I was determined not to."

Since a young age Margot had always been able to connect with spirit guides, see auras and tap into energy. "I remember the first time I got a message about my heart I was walking home and spirit said very clearly to me 'check your heart.'" Within weeks Margot had received constant messages reiterating the warning. Even while holidaying here on the Gold Coast all those years ago a clairvoyant offering teacup readings suggested Margot might have problems with her heart.

Margot laughs "Just before seeing the teacup lady, there was a chemist with those machines where you check your health. I put my finger in the machine and it said 'have your heart checked.' I thought that's ridiculous I'm fine. Then straightaway the teacup lady asked 'do you have a problem with your heart?' I remember saying that she must have been mistaken but she was not convinced." A short time later Margot was told she had a 'dying heart' and six months to live. "Spirit is an amazing thing" she said.

From that point forward Margot began to take stock of the balance in



her life. "I suddenly had a wake up call" she said. "I had ceased my meditations, I was working up to 80 hours a week running two music schools and life was almost void of all spiritual aspects."

"When the doctor told me that no-one ever recovered from cardiomyopathy I knew it would be up to me to survive it. I have always firmly believed that the mind controls the body and not the other way around" said Margot. "So with a sensible approach and the will to live I could overcome anything if I chose to."

Margot knew that if she was to outlive the prognosis it was important to heed medical advice alongside managing her recovery with alternative methods. "By making a commitment to listen to my inner voice and my body I was able to recreate balance in my life. I wasn't going to be silly about things, I knew it was vital that I work within my limitations." She said.

At the time, Margot was experiencing extreme tiredness and palpitations "I could lie in bed and watch my chest palpitate up and down. I had no voice and I was very breathy, everything started to shut down" she said. But she still firmly believed that the prognosis was wrong. "I still believed strongly that I would find a way to strengthen my heart muscle."

She was prescribed a very heavy series of medications and became extremely ill. "I couldn't get out of bed, my headaches had become intolerable and for the first time I had fleeting thoughts that maybe they were right, maybe I was going to die."

But Margot's strength shined through. Her doubt soon blossomed into determination and she knew it was up to her to maintain the strength. "I did everything the medical profession told me to do, I stopped driving, I stopped doing any exercise and I stopped walking long distances by myself. I began to think I was living the life of an invalid. I had to go to bed every time I took a tablet because the headaches were so bad."

During this time she had begun meditating again and openly admits that she was in need of help to get through this stage. As Director of the Sydney Goodwill, Margot was part of a meditation group that had formed 'Triangles'. "The group I was meditating with called their networks together and triangles worldwide were meditating on my behalf." She smiled.

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Meditation Triangles are powerful links for people to focus and meditate at the same time. "Anyone can be in a number of triangles at any given time" Margot explains. "People in triangles I had connected to were all in different triangles of their own and some in other countries."

Before long the networks had spread throughout the world and like tribal drums sending messages of hope and international support Margot's energetic 'miracle' was being transmitted throughout the universe. "Before I knew it there was a lot of energy out there for me." She smiled. Within a month of being told her heart was only operating at 20% Margot returned to the specialist to be told that her heart function had improved by 5%. "The specialist was amazed, he couldn't believe it" she said. "He told me that he had never known the function of a heart muscle to pick up and especially one in my condition."

Feeling stronger by the day Margot vowed that her heart would continue to improve "I said to the doctor "By the time I was ready to die my heart would be so strong that he would wonder what I had died of." she laughs.

Over the years Margot's heart function has steadily improved. By maintaining a strong connection to spirit and her meditation work she has been able to create a sustainable balanced approach to manage her cardiomyopathy by combining traditional medicines with natural therapies throughout her journey.

In 1990 a major turning point occurred when she stumbled across the benefits of a natural fermented enzyme called CQ10. With daily intake of this 'miracle nutrient' brewed from the organism coupled with her healthy attitude to food and exercise, Margot's heart function has continued to improve. "Through it all I have had the strength and determination to live a healthy and active life and my heart muscle is now operating at approximately 40%. I have been able to adjust my life to fit into my needs and I am happy" she smiles.

"At 72 years of age" laughs Margot. "I've told my boss that I'll work part-time from home next year."

The personal account of Margot's determination to 'outlive' her prognosis can be experienced in her book **'Six Months To Live - An amazing true story of mind over medicine.'**

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