

AN INTRODUCTION

When your body is carrying more than it can say

Release inner blockages & rebalance your energy

Sometimes the body keeps holding on, long after a difficult time has passed. Applied Biomagnetic Therapy is a gentle way to help it let go.

This short guide explains what it is, what happens in a session, and how to start.



IS THIS FOR YOU?

You might recognise yourself here

Tiredness that doesn't lift, even after rest

Tension or discomfort your body keeps holding

Stress that stays in your body long after the moment has passed

Old reactions you can't seem to change, however well you understand them

You've been through an emotionally or physically hard time and want to feel like yourself again

What it is

Applied Biomagnetic Therapy is a gentle, non-invasive approach that works with your body's own capacity to rebalance. Through careful listening and testing, we look for what your system is holding, physically, emotionally or energetically, and help it let go. In person this includes pairs of magnets placed on the body; at a distance I use energetic techniques instead.

The aim isn't to diagnose you or fix you from the outside, but to help your body find its own balance again.

WHAT HAPPENS IN A SESSION

Five simple steps

1 A safe space

We start by talking about what brings you, and how it shows up in your body, your mind and your life. About 15 minutes of listening, at your pace.

2 Your intention

Together we put into a few words what you'd like from this session. Many clients find this short step already brings new insight.

3 Listening to the body

Using biomagnetic resonance testing, I look for where your system is out of balance: physically, but also stress, old beliefs or experiences the body is still holding.

4 Rebalancing

In person, pairs of magnets are placed on specific points of the body. At a distance, I work with energetic techniques instead. Either way, the aim is to help your system restore its own balance.

5 Looking back together

I share a short summary of what came up and what we worked with. No diagnosis is given. Sometimes an insight follows about lifestyle, relationships or work.

In person, in Rijen

You lie down comfortably, fully clothed with your shoes off. Apart from the magnets, there is no touch.

At a distance

You rest in a quiet place at home, and we stay connected by video call on WhatsApp or Zoom, whichever you prefer. No magnets are used; the work is done with energetic techniques.

AFTER YOUR SESSION

What to expect

Within days

Many people notice a difference within a day, and most within a week. Everyone responds in their own way and at their own pace.

A natural response

Some feel tired or have a headache for a short time afterwards while the body readjusts. Rest, and be gentle with yourself.

How many sessions

For some, one session is enough. Longer-standing issues often need three to five sessions.

WHAT CLIENTS SAY

After an emotional and physically difficult time I lacked energy and joyfulness. After the first session there was a sense of being more relaxed and connected with myself. The most important: I enjoyed my life again.

ELISE · NETHERLANDS

What surprised me was how quickly something I had been carrying for years became visible, and then began to shift.

MARJOLIJN · NETHERLANDS

HOW TO START

Book a first session

€98

One session · 90 minutes · in Rijen or at a distance

Book online through my website, or send me a
WhatsApp message.



Start with what's troubling you now. A single session lets you experience the work directly and take a real step with what your body is holding today.

WHERE IT CAN LEAD

For some people, a few sessions are enough. For others, the body opens a bigger question about work, energy or direction.

That's where the Crossroads Program begins: four months that bring Applied Biomagnetic Therapy and transition work together.

ABOUT ME

Mark McDonnell



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Dutch & English

Originally from Ireland, I have lived in several countries over more than 25 years and come through crossroads of my own. For the past five years I have worked with many clients using Applied Biomagnetic Therapy, where the body, energy and life transitions meet.

Get in touch

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