

A new path. By HAYLEY LOWE of INTERNAL SOLUTIONS

It started with depression. Yes ... I, like many many others, have suffered from depression. Hit me like a ton of bricks! I didn't even believe it was a real thing 'til I got it.

My youngest child was around six months old when I finally admitted it ... my husband had stormed out of the house, over something I can't even remember now, and slammed the door. I sat there in shock and knew instantly something just wasn't right - I hit the internet and self-diagnosed post-natal depression... I made an appointment with the doctor that afternoon and was put on antidepressants.

This is how my journey inwards began.

My youngest is now six and having depression actually changed my life - for the better! At the time I thought it was the worst thing in the world - having kids had changed my life so much I just didn't know how to cope.

Going inwards, learning lots of techniques, listening to audio-books and seeking help from experts, I have emerged from the fog and have learnt to really love, respect and appreciate myself. I have changed my whole world around one day at a time and I wouldn't change a thing of how it happened.

I reflect back and remember what my Dad used to say ... "every cloud has a silver lining". It was the depression that brought back my spiritual gifts and for THAT I am truly grateful.

Why the change from business owner to clairvoyant medium?

You may remember me from previous articles in the *Vibrant Hutt*, I used to run a very successful business in the Hutt for 11.5 years. The reason I sold was because things started happening around me in the spiritual field I could no longer ignore. The fact it took just 3 months to sell my business – from deciding to sell to handover – is a sure sign this new path I have chosen is absolutely meant to be.

As an example, I have worked with a mature lady in Australia who used to be a home body due to a myriad of aches, pains and illness – working with her she is now out and about so often that her family in NZ have trouble getting hold of her. I have also worked with a baby who was having trouble settling and sleeping at night - her Mum is now getting a lot more well needed rest! I do energy work which means I can work with people any where in the world. I also work with animals - email me about my baby and Husky story!

So, what exactly do I do?

I work in three areas as both a clairvoyant medium and energy healer. The areas are business, personal and health.

Business

My extensive background as a business owner enables me to easily understand what messages are coming through – whether you are thinking of a new focus but are unsure of the outcome, have staffing issues, want to get a handle on the competition or something else. A session with me will bring you clarity.

Health

Have you been to see everyone under the sun but no-one can explain why you have what you have? Often, but not always, physical things are associated with emotional blocks and that's what I can see. We work together to release the energy attached to the problem.

Personal

As a clairvoyant medium I pass on information from spirit – either general guidance or specific answers to questions you may have.

I am very passionate about helping people to live the life they were born to live and I can help you through your journey ... if you let me.

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Please note: I am not a medical professional and do not claim to be one. I cannot diagnose. It is my personal opinion energy healing should be used alongside traditional medicine.



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