

Body, mind & spirit

By HAYLEY LOWE
of INTERNAL SOLUTIONS

Are you just plain sick and tired of being sick and tired?

Have you been to see everyone under the sun to find out what is wrong with you?

I may well be able to help you!

When looking at your health and well-being it's a great idea to look at ALL of these areas ...

body, mind AND spirit.

Body

The first area is the body – the physical – it's what the majority of people focus on in this day and age – if something is wrong we go to see a doctor, a specialist, a chiropractor – you know what I'm getting at – they focus on what can be seen AND there are a stack of *amazing* people out there who work on the physical.

Mind

Our good old mind has a lot to answer for when it comes to our health – there could be something going on in your life that is making you ill – heard of the phrase 'sick with worry'? it's absolutely true, worrying can make you sick – there are fantastic people around to help with your mind too – counsellors, mental health workers, life coaches, mentors ...

Spirit/Soul

Then there is the spiritual part of the equation ... this is all the unseen stuff that some people think is woo-woo or completely out there. Examples of spiritual practices include meditation, prayer, energy healing and reiki. Spiritual work is becoming more known and gaining in popularity – it's mainly women who seem to be more open to it and who are benefiting from having more open minds. Spirituality still has its fair share of sceptics, some of my only family included!

Combinations

I absolutely recommend a combination approach to your health and there are practices that combine these already like yoga. Everyone is different and everyone will need what is right for them.

My energy healing

My unique healing style works with your energy – I don't touch or even need to be in the same room as you. I 'see' the energy around your physical body and this guides me to know what I need to do for you.

The main common theme with this healing is that I 'see' (through clairvoyance and spirit communication) situations that have happened in your life where the energy has become stuck – everything that happens in your life has

an energy attached to it and, if it's not dealt with, it can become lodged in your body and eventually become an illness of some kind – our worries, fears, hatreds etc may turn up in our bodies as depression, sore legs, hernias, cancer etc – almost every illness has an energetic cause.

Intuitive healing is not a magic wand though – it takes your commitment and your belief in the process – it is you that ultimately heals yourself. I am just a conduit to help you on your journey.

If you are ready to heal then you may see immediate changes however I cannot guarantee it – no-one can, there's a bigger picture plan for everyone. I do absolutely know

"... together we have uncovered a range of layers in which I have found Hayley to be gentle, affirming and thoughtful about the way she raised things with me."

I always feel energised after a session with her and find a sense of freedom through out my mind and body..."
L.C.

that you will get the healing that is right for you at that time.

Healing is like peeling an onion – there can be many layers to situations and many people to help in the process – take the first step, be open and allow whatever happens to happen –that's

how you'll get the best results for you!

What can be 'healed'?

Intuitive energy healing can be given for any illness, stress or injury.

If you are feeling unwell or in dis-ease then it could be an energetic thing – there are so many different reasons for things that are happening in our physical bodies! Why not give it a try!

"Thank you, I don't fully understand the process and I'm not sure I need to. What I do know is that my mum went from being exhausted and hesitant to get out and do things. To going back out on the farm and out boating again for the weekend. That in its self is priceless to me." S.O.

Personal Readings

As a clairvoyant medium I pass on information from spirit – either general guidance, specific answers to your questions and/or connecting with loved ones.

Business Guidance

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.

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.

To find out more please contact me at:
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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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