

Update: Donate a Dollar Day SUCCESS!



Year 4 boys at Wellesley College, Eastbourne raised an impressive \$4,354 from their recent 'Donate a Dollar Day' fundraising campaign. The money went to buy 16 brand new *Trek* bikes which the boys proudly gifted to Randwick School ... and they had the opportunity to try out Randwick's newly installed bike track for themselves.

Huge thanks to everyone who donated and supported the project. The eight and nine-year-olds really learnt a great deal about how good it feels to give – so a successful fundraiser in terms of boosting mental health too!



It's Time to Trust your Intuition

by Hayley Lowe, Soul Coach & Healer

Have you been curious about exploring your own intuition? Do you wish you could trust your gut more in everyday life? Are you intrigued by crystals, guides and cards but unsure of their significance or 'how it all works'?

I've created an online course, 'Beginner Spiritual Development', which is a four-week online group coaching course where I draw the curtain back to speak on my practice. You and five others get to experience an introduction to intuitive tools, exploring the various gifts and connecting with guides.

I know first-hand how incredibly empowering it can be to get to grips with your spiritual side. So, after years of fine-tuning my own practice through extensive reading and mentoring I am beyond excited to have created this course – from my heart for yours.

If you're seeking more insight and intuition

and you're prepared to put in some work, then this course is for you.

This course is perfect for you if

- you have had a few sessions with me or another spiritual practitioner
- you feel like you're on a bit of a spiritual journey
- you are curious about how messages are received and interpreted
- you would like to trust your intuition more in your daily life

You explore via self-directed learning how to connect with your guides and gifts (we all have the ability) and learn to work with cards, crystals, pendulums and meditation.

And we will connect via four group coaching sessions where you will be able to ask questions and have a go at some practices, live.

The next course starts on January 15 with the first coaching call on Tuesday January 22 at 12.30pm. For more information go to www.hayleylowe.co.nz and click on 'Grow'. Intermediate courses begin in February.

Readings & guidance

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

Healing

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.

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 and/or book please go to www.hayleylowe.co.nz
hayley@internalsolutions.one
phone 04 390 1184  hayleylowepsychic

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.

Soul Coaching & Clairvoyant Readings
Guidance on your personal and/or business journey.

Energy Healing
Are you feeling emotionally or physically blocked?

Find out more and book online at www.hayleylowe.co.nz

Hayley LOWE
SOUL COACH & ENERGY HEALER