

Getting rid of the Ex

by Hayley Lowe, Soul Coach & Healer

One, very popular, reason why people come to see me is because they can't shake the emotions of an old relationship - a marriage gone sour, a lover who has walked away for no reason, a cheating ex, the list goes on!

Often people can't shake the heavy, draining feelings, they wake up angrily thinking about their ex, the ex pops into their thoughts uninvited throughout the day, and they wake up in the night thinking about them too! I have a theory on this, I see the energy around people, and it's pretty amazing.

Our physical body has organs, blood, nerves etc. and our energy body has emotions, thoughts, trauma etc. Are you with me? When we have things go wrong with our physical body it can show up as disease. When your emotional body is out of alignment it can show up as blocks, anxieties, worries etc. I see things stuck in your energy field, and that's, in my belief, why you can't stop thinking about a particular person, trauma or an argument you've had with someone because it's stuck in your energy body.

When consulting with clients I use my clairvoyant gifts to intuit the current situation and work out what's going on. We then talk about specific outcomes, get an action plan together and then do the targeted healing all within an hour session. Working in the spiritual realm is extremely fast, and bringing a super open mind to

your session will allow you to clear a lot, including any past lives keeping you stuck together! Sometimes clients opt for more than one session if they want to clear more, or other stuff, that comes up.

Often clients will leave feeling a lot calmer not being able to recall the stress and tension with their ex. I'm not a miracle worker though, and I certainly don't guarantee it will work for everyone. For those who are really open to the process, I've had some pretty impressive results!

This is an email I received a few days ago; "I have to let you know what happened the day after our healing session. The session was to help clear blocks around my ex and his new wife who he had an affair with, and you uncovered the ancient, past-life nature of that dynamic. Well, the next day, my ex called me and

said he would like to give me what I wanted in full. This is after nearly a year and a half of back and forth,

stalling, indecision and it nearly going to court...it was going to get ugly. He wanted 50/50, and I was pushing for more. I can't believe this outcome. I am still a bit in shock. I never ever

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thought this could or would happen." D.E.

This is just one example of hundreds of clients I've helped. When you hold onto emotions, intentionally or otherwise, you can block the good in your life, when you allow yourself to let go you can let the magic in! So, if you can't let go of emotions relating to a relationship in your life, why not give it a try? It can be so freeing to move forward without the baggage!

Readings, guidance & coaching


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

During an intuitive healing session I work alongside spirit to release stuck, blocked energy. Is an old, manipulative or toxic relationship holding you back? Do you think about someone constantly even though they're out of your life? Do you have unfounded fears you can't explain?

To find out more and/or book please go to www.hayleylowe.co.nz

or email hayley@internalsolutions.one

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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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Energy Healing

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