

Healing love

written by Hayley Lowe, Soul Coach & Healer

With the silly season upon us, emotions are running high and relationships are tested more than any other time of the year. It is also when loneliness is felt most acutely.

While readings satisfy curiosity, it is my energetic healing work where I see the biggest shifts in people especially at this time of the year.

And with many clients interested in taking an active role in self-improvement, they tell me distance healing journeys are proving most valuable to their emotional resilience.

But what is distance healing and how does it work?

Healing has been around in one way or another throughout the ages. The Cambridge Dictionary offers a definition for it as, "the process in which a bad situation or painful emotion ends or improves".

In my experience that definition is pretty bang on. Energetic healing often starts with identifying patterns so you can begin the process of ending or improving that bad situation or painful emotion.

Patterns and beliefs that keep turning up can prevent you from moving forward. You may notice a particular phrase or confrontation sends you into a frenzy, when deep down you sense you are overreacting.

Or perhaps you keep finding yourself with partners who treat you poorly. These emotional patterns can stem back to childhood or for some they may run deeper at a soul level. Left too long, they can consume us and affect all parts of our daily thoughts and life.

This excerpt from Elizabeth Gilbert's famed book 'Eat, Pray, Love' sums up our captivation with emotional roadblocks:

"I remember a story my friend Deborah the psychologist told me once. Back in the 1980s, she was asked by the city of Philadelphia if she could volunteer to offer psychological counseling to a group of Cambodian refugees—boat people—who had recently arrived in the city. Deborah is an exceptional psychologist, but she was terribly daunted by

this task. These Cambodians suffered the worst of what humans can inflict on each other—what could Deborah offer these people in terms of help? How could she possibly relate to their suffering?

"But don't you know," Deborah reported to me, "what all these people wanted to talk about, once they could see a counselor?"

It was all: I met this guy when I was living in the refugee camp, and we fell in love. I thought he really loved me, but then we were separated on different boats, and he took up with my cousin. Now he's married to her, but he says he really loves me, and he keeps calling me, and I know I should tell him to go away, but I still love him and I can't stop thinking about him. And I don't know what to do...

This is what we are like. Collectively, as a species, this is our emotional landscape. I met an old lady once, almost one hundred years old, and she told me, "There are only two questions human beings have ever fought over, all through history. How much do you love me? And Who's in charge? Everything else is somehow manageable."

This sentiment echoes what my clients tell me when I surveyed them asking what areas of their life they have curiosity about – overwhelmingly the responses centred on love and relationships

It's what we spend so much time thinking about but very rarely make dedicated changes to.

Distance healing programmes, or journeys, allow us to take matters into our own hands and become more intentional in our relationships. By allowing focussed energy on specific areas of our 'way of being' over a dedicated period of time, you can disrupt behaviour cycles and let go of unnecessary insecurities. My journeys run for between seven and 100 days, clearing chakras is free, and paid journeys include themes of your choice such as love, success, weight and sensuality.

"I gained more in 30 days than I could have gained in 30 lifetimes trying to work through this on my own." R.B.

How distance healing works

When you sign up to a journey, focused energy healing is sent to you each day of the journey to unlock and unblock your potential. Starting with the chakras is important because emotional traumas can make themselves at home in your physiology. Clear chakra points allow for the free flow and release of energy.

In your inbox you will receive updates every one to two days covering which aspect of the theme is being addressed. All you need to do is read your email. These notes will also include additional tasks: things to think about, affirm, do and write about. These are optional but doing them will help you connect more to the programme.

Distance healing can be a great option for someone who has received several readings from someone like me but time and again finds themselves in a familiar rut.

To help get you through Christmas and start 2020 as you mean to go on, **I am offering a 20% discount* on my love journeys.** Simply enter the code 'Vibrant19' when purchasing from my website to receive your discount.

A Journey to Love is a 30-day programme that leads you through the process of attracting the right partner for you and learning to love and trust again.

The Journey Back To Love, also over 30 days, is a self-love programme that will help you in all your current relationships including friendships and at work.

Here's to a loving Christmas and a more fulfilled you in 2020. Hayley xx

*expires 31-01-20. Not exchangeable for cash.

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

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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.



Find out more and book online at

www.hayleylowe.co.nz
or email hayley@internalsolutions.one

Energy Healing

Are you feeling emotionally or physically blocked?

Clairvoyant guidance

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