

Heal a broken heart

Can your kitchen really cure your heartache? These feng shui remedies could help you wash that man right out of your hair and have you feeling fabulous in no time, says energy specialist *Kay Tom*

Are you finding it difficult to move on after the end of a relationship? Do you hold onto old emotions and energy? And would you like the opportunity to transform this old energy? Letting go of a broken relationship or the despair over the loss of a loved one can be one of the greatest challenges in life. You can often blame yourself for what you see as your shortcomings and inadequacies – it must have been your fault somehow, right? Wrong. The self-doubt and lack of self-worth can take you on a downward spiral where the world feels heavy and joy sits on a distant shore. But the good news is that it's not your fault.

For years I believed there was something wrong within me that was causing my husband to cheat on me. In truth, it was not my fault that he was attracted to someone else and it was not because of anything I had done wrong. What a revelation that was for me! To think that actually I am OK and hadn't done anything to bring this situation on myself was a massive relief.

What you can do, even though it is hard, is to learn to accept your situation, whether you like it or not right now, and take responsibility for yourself and your emotions. Transforming the old energy is the key to success and a bright new future. It takes some commitment and a lot of hard work but if you can stay focused, changes can start to develop in a short space of time and a beautiful new butterfly – the new you – can emerge from the cocoon. Understanding energy flows and their direct effect on our lives can help us to identify blockages that are holding back our progress. Why continue day after day, week after week and month after month in a state of mourning over the end of a relationship when there is a bright new world just around the corner?

One of the most common areas in the home for holding onto old energy, particularly regarding matters of the heart, is the kitchen, which is the 'heart' of the home. Loving the self has to be of paramount importance during times of emotional pain, so a fridge full of stale and out-of-date food will not reflect this. To start putting the love back into your life, clean the fridge to a pristine condition and then fill it with delights that make your heart soar when you open the door.

10 tips to help your heart heal

- Clean all sticky areas of the kitchen, especially waste bins, extractor fans and the front and top of cupboards
- Change the filters on the washing machine, dishwasher and vacuum cleaner
- Scrub the oven until it is in a pristine state
- Clear out the contents of the fridge and replace any old food with fresh, vibrant, healthy new food to encourage good nutrition
- Empty the cupboards, wipe them down, discard out of date food, and refill them with tasty, wholesome foods
- Ensure all appliances are in perfect working order

- Make the kitchen a beautiful place to be by arranging some flowers in a vase to inject some new life
- Give a supper party and have your guests sit in the kitchen if possible
- If finances allow, consider a new kitchen, or perhaps try repainting the old doors. A cheaper option is to buy a new bowl and drainer for the sink, and replace, or wash, old cloths and sponges

Also, give thanks for the lessons you have learned from your old relationship and remember that every cloud has a silver lining, and something good will come out of the experience. If you do all of the above, you will be amazed at the amount of dirt and grime you remove. Even more amazing, you may also find aches and pains, such as tooth and joint aches, will disappear as this pain is no more than stale energy that is holding on through the fear of the unknown. But it's now time to jump into the unknown! Don't be afraid of moving forward; if you apply the cleaning process all around your home, you'll find a new lease of life that could push you out of your misery and onto a fresh new start.



Master Kay Tom is a specialist in the language of the natural life force energy of nature that surrounds us. She has studied, lived with and practiced this ancient science for more than two decades, travelling the world and living with different cultures to gain knowledge and understanding of the world. She gained her masters degree with Grand Master Chan Kun Wah, one of the top feng shui masters of the world and a direct descendant of The Imperial Courts of China. For more information, visit her at theenergyspecialist.com



Motivate yourself

You can also aid the healing process by cleansing not just the kitchen but your physical body, too, says Kay. Try these ideas the night before your big kitchen clean, then again after the overhaul

- Remove any old energy holding onto your body by using a salt scrub in the shower before going to bed. Also try having a warm saltwater foot bath for half an hour each evening to get rid of toxins
- Yoga, t'ai chi, qi gong or tapping (emotional freedom technique) are invaluable practices to help with a good night's rest
- Have a gratitude book by your bed to list all of the positives from your day
- Avoid alcohol, heavy meals, carbohydrates, dairy produce and chocolate before bed as they can 'weigh' you down
- Drink warm water prior to sleep as it does not place any demands on the digestive system
- On waking, embrace the opportunity of the day. Don't waste your energy on looking back but use it to look towards the horizon and stay focused on your goals

