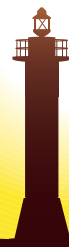


Turn
on your



**PSYCHIC
SAT NAV**

With so many choices and directions in which to travel in this life, you can do yourself a favour by tuning in to your own in-built navigation system, says feng shui practitioner **Kay Tom**

Anyone who has travelled around India and experienced the chaos that reigns on the roads of the towns and cities there will know the only rule is that there is no rule. It is a common sight to see vehicles overtaking on a blind bend in the road, to see cars travelling against the flow of traffic on a dual carriageway and to see motorcycles stacked with three or four passengers. If such congestion and madness sounds similar to your life, then the answer is to get into your flow (as the drivers in India seem to manage to do). The biggest challenge to getting in your flow, and which needs the most sustained effort, is getting your vehicle moving in the first place. Think of a heavy wheelbarrow full of soil: the most difficult stage in its journey is the first move. Once the load has been shifted, the momentum will help carry it along. Getting your own engine started relies on many systems combining to produce that explosion of power to kick-start the process. So a well-maintained and well-lubricated engine is vital. It is not uncommon, with the demands of careers, families, finances and occasionally etc, to find yourself with a wheelbarrow full to the brim, or indeed to get lost on your journey. Navigating around the Spaghetti Junction of your life, or coping with the motorway mayhem in your mind, can leave you feeling lost or overloaded. At times such as this you need to pool all your resources and draw upon them to help guide you through.

But help is at hand, for we all have an onboard satellite navigation system to tune into if only we can find the right frequency. You could call this your intuition, sixth sense or higher wisdom; the bottom line is in your heart of hearts you know your true direction if only you had the time to stop and listen to the hints and tips that are presented to you. Learning to trust your instincts goes a long way towards making the best decisions when sitting at the crossroads of life.



"We all have an onboard satellite navigation system to tune into if only we can find the right frequency"

Tune into your psychic sat nav

Try Kay's simple tricks to bump-start your inner wisdom

- **WALK IN NATURE** A leisurely stroll through a leafy forest will afford you the opportunity to listen to the ancient wisdom of the trees, and by walking on the roots of the trees, you can reconnect to your own roots
- **PRACTICE CHANTING** Quell the motorway mayhem in your mind with simple chanting, the vibration of which breaks up the congestion of your thoughts and transmutes them out into the atmosphere to leave a clearer mind
- **FEED YOUR SOUL** Recognise what really makes you feel good and then do it! It can be as simple as savouring the fragrance of roses, or taking a dancing class
- **LISTEN TO YOUR HEART** Make yourself comfortable, close your eyes and think of your heart. Talk out loud for three minutes on a topic that is troubling you. Do not stop talking (say blah blah blah if words fail you, until you start again). You will be amazed at what comes through
- **JOIN A MEDITATION GROUP** The power of group energy can give added momentum to achieving greater clarity in your life, and provide a way to calm your mind
- **WRITE FROM YOUR HIGHER WISDOM** Formulate a question in your mind and using the hand you do not normally write with, start the letter with Dear (your name). This is another version of the talking exercise, and can uncover your true intuition
- **KEEP YOUR ENERGY CLEAR** Colon cleansing, acupuncture, sweat lodges and even having your teeth polished will all help to aid the flow of energy through you
- **GET ACTIVE** All sports require focus and concentration but disciplines such as yoga, t'ai chi and qi gung are particularly effective for stilling the mind
- **SLEEP WELL** A rested mind is a clear mind, so get to bed early each night, no later than 11pm, and try a meditation to relax you before you sleep, such as counting breaths
- **STAY TRIM** A congested body is also a congested mind, so don't encourage energy blocks through over consumption of junk food or alcohol
- **RESPECT NATURE** Recognise the important anniversaries, such as the solstices and equinoxes. Moon cycles are also important; the full moon is a powerful time for receiving intuitive messages
- **TRUST** Never doubt what you hear when the messages do come through. Always keep your notebook handy to record these fleeting whispers as they can disappear as quickly as they arrive

It's essential to make some space, no matter how small, in life to connect to your internal sat nav, which will help you take the best direction for you.

I heard a story recently of a business executive who had found himself in overload and decided to pay a visit to his doctor. He was told to take the rest of the week off work, to switch off the television and radio, not to read any newspapers or answer the telephone and not to read his mail. What this man needed was to recharge his batteries and replenish his fuel tank, which had been running on empty. The outcome of this scenario was that by the beginning of the following week, his engine was back up and running and firing on all cylinders. The same challenges still presented themselves to him but he was now able to take them in his stride. What happened was that he had been able to make space and the clutter in his mind had been cleared, so he was able to approach life with new vigour. Maybe it is not so easy to take a few days away from our demands, but even a few hours, or sometimes a few minutes, can make all the difference. Perhaps you have been driving along in the fast lane, stressing about all manner of things, in which case, a short coffee break at the next available service station, and a top up of air in your tyres, can help you become centred again.

Making the journey comfortable and pleasurable is a fine art and taking care of your vehicle is a must. Like attracts like, so if your energy gets stale, all you draw to you is more congestion until your fuel tank is at zero. This may manifest in your life as a feeling of despondency and an inability to cope with circumstances, or it may show as some form of physical ill health. Keeping the engine lubricated and the energy flowing and thus avoiding the build up of waste fumes is paramount. You don't need to be a mechanic to understand that an engine choked with stale waste is not going to help your fuel economy, or that a faulty spark plug is not going to ignite an engine.

MOT your vehicle

If you are sure of your vehicle then there is no need to fear a spell of bumpy terrain; in fact, the

experience of off-road driving can be quite exciting. No one in their right mind would tackle such a challenge in an unsuitable vehicle so you need to make a maintenance regime a high priority – in all areas of life. You must never underestimate the value of good health, and need be certain to keep your nutritional and fitness regime up to the highest levels. Remember, an army marches on its stomach and a weak general is no use to anyone. It is a wise woman who fills her own tank first because once her energy is depleted, she is of little use anyway. This can be tough, but an empty fuel tank gets us nowhere.

"You need to make a maintenance regime a high priority – in all areas of your life"

Cleanliness is the key to avoiding stagnation. When the going gets tough it is even more vital to adhere to the rules. You must be vigilant and revitalise all areas of your life as soon as you notice stale energy setting in. A good place to start is with your physical being. Water is a powerful cleanser, so try taking a shower and washing from head to toe using a salt scrub, all the while having the intention that the salt is purifying you of troubles and stresses, which are being washed down the plug hole. Hair and teeth are also key areas for holding onto negative build-up so leave no stone unturned in this self-maintenance check: get your teeth professionally cleaned and make sure you care for your hair with a natural product range, to avoid chemical overload (Pure Nuff Stuff, Akin, Weleda and Jason are good natural beauty ranges). Clean clothes, fresh bed linen, sparkling windows and bright paintwork on the outside of your home will all help towards attracting a positive frequency to get you on track to a brighter future. The main rule to keep in mind is that like attracts like, so don't let the cooker get coated in layers of grease; clean behind the dishwasher and tumble drier from time to time and be amazed at the changes this clarity will bring.

One of the most important areas of the home to focus on is the bedroom where you spend a great portion of your time and where your energy is recharged. It is often the stillness of the night that opens up the floodgates of the mind and sleep eludes us. After a restless night you might wake up lacking physical energy and mental clarity, and in such a state it is difficult to face a hard day's work. Keeping the bedroom clear of clutter, especially in the immediate area around the bed, and minimising the amount of electrical items such as televisions, clocks and radios, will help the energy to rest itself and pass that peace on to us. Fresh oxygen in the room is also important, so open the window daily. The only plants that produce oxygen at night are orchids, so any other plants need to be removed. Make sure en suite bathroom doors and cupboard drawers are kept closed to stop energy draining away. The dawn will then see you full of vigour and prepared to face the challenges of the new day.

Programme your destination

Making positive changes in your home, and to your health, will help to clear blocks in the frequency connecting you to your own personal sat nav. All you have to do now is sit back and enjoy the journey, and trust nature will guide you to whatever is within your very best interests. Utilising your internal sat nav and following the signs will give you a clear view of the road ahead, provided you are listening to the messages coming through. In everyday life these messages can appear at any time, so it is important to be ready. You must be prepared to use all your senses, keeping a sharp eye on the world around you or keeping your ear to the ground, as this will help you recognise opportunities and signs when they arise. Sometimes messages come through as a simple thought. It is worth carrying a small notepad around with you in order to record these insights and not lose the opportunities they present. Guidance may come through as a message or song on the car radio. Or your eye may notice a logo on a passing vehicle, or words on a billboard that are exactly the answer to a problem.

Stay tuned and be sure not to miss the signals.

However, all journeys can become beset with delays, no matter what you do, so even though it's wise to check the weather forecast, the road reports and your engine oil and water, it's worth remembering that the journey can still go off course through numerous demands or delays that you could not have anticipated. But when dealing with road blocks and the unexpected, it is vital to keep positive and have the courage of your own convictions, by refusing to believe you can fail and that your destination will be reached one way or the other.

Once you are underway, gathering momentum is a natural phenomenon and you'll no doubt end up in the fast lane, where everything – most of the time, at least – is free-flowing and easy. You may even be going so fast, it's like you're on a Grand Prix circuit. I heard it said of Lewis Hamilton that he is rarely photographed out of his racing suit despite being a multi millionaire and probably having a wardrobe full of clothes. If there is one thing we can learn here from Lewis, it is that it's important to always stay focused. This man has his eye on the end result. His product is Formula 1, not a designer clothing label, and so his apparel is entirely appropriate. As such, what you focus on is what you get.

Every time you dissipate your energy with exterior distractions, you are reducing your chances of success. If you focus on a broken relationship you will only attract one; if you focus on lack of money you will only ever attract more debt.

The glory of the chequered flag and the winner's rostrum can be yours no matter what your goal. That's not to say that everyone has to be a high achiever or aim for huge success, like Mr Hamilton, but we can all gain from that sense of satisfaction in knowing we've done our best and listened to our inner wisdom. Remember, life force energy is there for the taking, so tune in to your psychic sat nav and let the journey begin!

Energy specialist

Kay Tom is a master in Chinese horoscopes, feng shui and auspicious date selection. She specialises in the natural life force energy of nature and has studied, lived with and practiced this ancient science for more than two decades, travelling the world and living with many different cultures (01509 213369; theenergyspecialist.com).



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