

Kay Hutchison left a 20-year marriage and turned to alternative therapies in pursuit of her dream life

It never been a big matter to always find my way to work or holiday. But suddenly, I found myself with the time and inclination to read uplifting spiritual books. One by one the months I devoted them: now an alternative therapies, metaphysical programming, negative behavioural therapy, or healing your past, adulthood, relationships and adulthood. I became interested in philosophy and read The Meditations of Marcus Aurelius, the Tao Te Ching, The Way of Zen, and the Tao Te Ching. The Road to Zen, The Tao Te Ching.

It read a lot for hours, in the tube and from work, in the bath, underlining bits I loved and wanted to remember.

Positive thinking

Then I discovered Louise Hay, an American motivational author and founder of mind, body and spirit publisher, Hay House.

Affirmations change negative belief systems and redirect your future through positive thinking, she said.

At last, a way to my dream life!

My upbringing had been repressed, repressed even, and some family attitudes weren't helpful for me and my heart. By developing a new set of beliefs and replacing them with a positive daily practice, I could breathe life into new ways of thinking. I put together a set of affirmations for my waking hours.

I deserve to have more fun!

The time and dream come my way!

My reading inspired me to the same alternative therapies, too. I did some self-healing to boost my life force energy.

Christmas 2004 found me on a 10-day silent retreat, in Florida, waking up at five for the first of six daily two-hour meditation sessions. By the time I left I'd learned how to meditate and what my mind, stopped searching so much about what lay ahead for me.

Back home, I decided to use an astrologer to get advice on my future.

It's like a second voice but you will find balance and a purpose, she said.

And she was right. Gradually, thanks to my therapies, I saw change. The affirmations started working. A new world was opening

up to me, where my dream life, I was closer and I started my spiritual journey for divine dreams and joyful days.

With renewed body confidence, I went on a yoga holiday in Greece followed two months later by another in Spain. I read, reflecting, managing, but nothing, nothing divine. During and just my divine confidence faded.

Again, I returned home to do some therapies. Anger came up and I found myself in a room with another stuck in my body to release trapped air. Thank, I learned.

But afterwards I felt a surge of energy and looked more positive. Then, in December 2006, I was made redundant. Worried because I had no one else to rely on, I sang a positive meditation for guidance about my future path.

Can you see anything about me? I asked.

Living the dream

Wonderful to seeing, something will be a real one, she smiled.

Believed, I continued with my therapies, realising that an opportunity to make money would present itself. I went on a dramatic retreat in Spain. Back home I did a past life regression and saw myself in a different type water dream in a body form as a young man collecting water in a pitcher.

Then, in 2008, I hit me. I'd followed someone else's dream at work but I could follow my own. So, I did. I launched Baby Media and launched our own publishing children's books. And I loved it. I'd finally found my purpose.

In 2011 I went on a writing course and wrote my life in Three Acts. The year 2011, I had three realisations about my journey to get my dream life. From day I'd had to be living that dream, and all because I had the courage to take a leap of faith and follow my own path.



Believe and achieve

Tip to manifest your dream life by spiritual author Sarah Frost

- 1 Believe you are worthy to receive any resistance blocking the flow of energy from the universe to deliver your dreams.
 - 2 Thank the universe with gratitude for things that show up in your life through prayer and meditation and make space to receive more. Set an alarm on your phone to remind you each day to practice gratitude.
 - 3 Look for signs that the universe is answering your dreams. Signs can come in many forms, perhaps a bird, a song you hear or a subtle feeling, reminding you are on the right path.
 - 4 Learn to say yes to events that are presented to you that may lead to meeting new people or creative opportunities. Put yourself out there and be open to new experiences.
 - 5 When your path and mind are clear, looking back when your focus should be on the present.
 - 6 Remember to clear out old negative energy and make way for the new to create the life of your dreams.
- 1 Minute** about health's work with meditation



Working as a media consultant with English heptathlete, Tessa Sanderson



Guatemalan worry dolls were a part of my spiritual learning