

A LIFE LESS ORDINARY

Welcome to my world

Natalie Fee, 30, is the Everyday Alchemist, who changed her own life through spiritual practice and now helps others do the same

Where and when did your spiritual journey begin?

It was when I was 11, and I was experimenting with séances. It was just kids mucking about really, but the world of higher energies opened up to me. Growing up, I read *The Alchemist* by Paulo Coelho, and James Redfield's *The Celestine Prophecy*, and I spent time learning about various religions and spirituality. Even though I had a well-paid job in IT recruitment and my own house by the time I was 22, I was searching for something more. After traveling in South America and giving birth to my son Elliot in 2003, I found a degree of spiritual fulfillment, but still had an urge to continue my spiritual quest. Whenever people told me to follow my heart, it fuelled my internal longing to find out how you do that.

What was the turning point for you?

I had two. First I met a man in a field while I was on a solstice sweat lodge camp in East Sussex. He was doing some dynamic exercise unlike anything I'd seen before, rhythmically moving his arms and coordinating movement with his breath. He told me he'd learnt it on a course called Energy Awareness Training (EAT), that the exercise was called Falling Lightning and when practised in a particular direction it would bring more energy into an area of his life. He said he'd show me the exercise if I agreed to phone a man called Stephen Kane in the French Pyrenees who developed it. That summer I practised the exercise every day but forgot about my agreement to call. Then, later that year, I went to a spiritual workshop and met an elderly woman who showed me what she called an energetic test, a small hand movement for testing what her energy needed. She'd learnt all this from a man who lived in the Pyrenees. That was it – it was too much of a coincidence. Both times I heard about this training I had a powerful full-body resonance, like a big 'yes' throughout every cell, an inner knowing that this was right, and I'd found the path for me. The next week I called Stephen Kane and discovered he was soon going to be in Brighton running a weekend course, which

I booked myself on to.

How does the practice change your life?

It's about being in tune with your energy and the energies that flow around us, harnessing these through exercise and mental and physical 'energy tests' to improve every aspect of your life. I learnt how to make decisions based solely on my energetic needs instead of my wants. This hasn't been easy. I've battled time and again over whether testing what to drink or wear actually makes any difference to my energy. But it does, and the more I'm being guided by my spirit instead of my head, the more I see the effect of my choices on my energy. This technique has given me a real, direct way of perceiving the needs of my spirit.

At what point did Energy Awareness lead you to Everyday Alchemy?

Throughout the training I developed not only an awareness of my energy, but also how to change bad habits for good. We all have deep-seated, repetitive stresses – what I call karmas – that recur in our life. They're a disturbance of our energy, yet they're also fuel for transformation into higher energy, such as happiness, inner strength, wisdom, success and higher awareness. I started calling myself the Everyday Alchemist when, after writing about my experiences for magazines, people started contacting me, wanting to talk about their problems or relationships, so it naturally progressed into me giving Everyday Alchemy sessions. I started on the phone, then moved on to

Natalie gets in touch with her energies



Clockwise from above: Natalie Fee; The Celestine Prophecy was a great inspiration; with son Elliot making an offering on Woorral Hill, Somerset



doing face-to-face consultations in London and Glastonbury. Everyday Alchemy helps people deal with the challenges in their lives in a profoundly empowering way as they become responsible for how they feel. We all have our karmas and when they're ready to be transformed that's what I work with. I don't claim to be a therapist, but I have a gift for helping people change their perception of life and its stresses.

And how has Everyday Alchemy and Energy Awareness changed your life?

I still get stressed and suffer self-doubt, but it doesn't win over any more. As a result of being in Energy Awareness and generating all that energy you have to do something with it, so mine is turned into creativity. I've been doing a radio show with Stephen Kane (www.thempowermentshow.com) and I write poems, too. I moved to Glastonbury a year ago because I needed to be living in the field of a power place and I now take tours around Glastonbury – to the Tor and Chalice Well – guiding my clients with unique techniques so they can safely receive the energy that comes from these special sites.

What does your son make of it all?

My son is very cool about it. I met someone at the spiritual community Findhorn, in Scotland, who works with nature spirits, and so I've been helping Elliot learn to see them and that's a real joy to share with him. He sees me meditate every day and comes to Chalice Well with me – he'll play and I'll meditate. He's quite aware, but he's not some kind of cosmic kid.

• For more information on Natalie Fee and her work, visit www.weavingarts.com