

◁ present and future outcomes of situations in your professional and personal life.

Above all, King does not engage in people-pleasing. You may not want to hear the thing that deep down you already know (yes, that person you are incredibly attracted to is a walking red flag and should be avoided at all costs), but she imparts any harsh truths with real kindness. These are conversations that will ignite passions, dispel fear, restore faith and ultimately set you on the right path.

liz-king.co.uk

BEST FOR TRANSFORMATION

Shomit Mitter

When you are in the midst of an existential wake-up call – be it grief, divorce or even something like a career upgrade – Shomit is a godsend. This enlightened and erudite therapist is known for his transformative healing: a mix of talking therapy, meditation and hypnotherapy. Everyone arrives at his west-London practice bearing some sort of cross. With passionate conviction, and visualisations that reach places that conversation alone

cannot access, he teaches you to surrender to the ebb and flow of the universe, embrace the pain you may be holding and, ultimately, stop resisting life.

Over the course of the week after your session, everything that is tangled and confused in your life feels seemingly ironed out. Time spent with Shomit is truly a life-affirming gift; you will learn how to be consciously and deliberately at ease with yourself and with the world around you.

If you can't visit him in person, it's well worth looking into the Academy of Alchemy, a new app from Andrew Wallas, another stalwart of the healing realm. Mitter's discussions and teachings are available there, along with many more from an impressive roster of other spiritual teachers. Not to be missed is the app's oracle-reading section.

shomitmitter.com;

theacademyofalchemy.org

BEST FOR ALIGNMENT

Vettri Selvan

Any time you feel the need to align and quieten your inner and outer world – and strengthen your core