This is a story, a true story, about being completely in tune with the universe.

One Saturday morning, I set off in the car, with my very young daughter, to visit my sister who lived 60 miles away. We headed from West London along the north circular towards the M1, a dreaded trek. But this day the universal flow seemed to start right away- the dreaded trek was easy. Imagine practically no traffic on the north circular! We reached Brent Cross in no time.

"Mummy, I need a wee," came a little voice from the back of the car.

John Lewis loomed ahead so we stopped off to use the ladies and have a short break. I took the opportunity to browse a little.

"I'll just nip into the Mac department love, to see if they have a nice pink Mac for mummy" I said to my daughter.

Well- there it was-THE MAC! Standing out like a beacon. It was not quite the pink I had imagined, infact it was a bright turquoise -green, but the right style.

I donned the mac and WOW! I felt a flood of energy tingling right through me! I couldn't believe the power of this feeling and just stood and soaked it up. It felt wonderful. I was energized. What an experience!

My deep-seated doubt surfaced. Could I really wear such a brightly coloured mac? Who could I ask for an opinion? I felt I needed some advice and, lo and behold, just at that moment, a lady popped her head out from between the coat racks and said

"Oh, that does look nice on you. It's just the right colour for you."

SoI bought the Mac, still wondering if I really could afford it. Never mind, I thought, if it's meant to be there will be a way! (POSITIVE THINKING).

Back to the car we went, one refreshed child, one bright turquoise Mac and one rather bemused purchaser. We continued our journey north up the M1, still way ahead of schedule. Everything seemed so easy. Then- oh false hope-we hit a motorway tailback, a great long traffic jam. What a nightmare, stuck in a traffic jam with a young child. I looked back and thank goodness my daughter had fallen asleep.

What to do? Help, quick thinking needed here. I tried not to become dispirited at the sight of the jam. I noticed a slip road on my left and I wondered if I should take it, just to get off the motorway.

"What shall I do? What shall I do?" I thought to myself.

To my great astonishment and out of the blue I heard a very loud voice answer my thoughts.

"Follow the elephant," I heard the voice say.

"What? What elephant?"

What was going on? My daughter was sound asleep- so not her speaking.

Then, loud and clear, I heard the voice again.

"Follow the elephant," it repeated.

What does it mean? What elephant?

I looked around and to my amazement I saw a road sign with the silhouette of an elephant on it! (Turns out it was a sign to a safari park).

"Follow the elephant," I heard again.

"O.K." I thought, "Who am I to argue with the universe?"

So I drove off the motorway onto the slip road and followed the sign of the elephant.

I didn't know where I was going but elephant signs kept appearing so I dutifully followed them for quite a long way.

Eventually the elephant signs came to an end and I had no idea where I was.

"O.K. What now? Please help, "I thought.

"Just follow the animals" came the loud voice again.

Follow the animals now eh? Well, whatever next? I looked around for animal clues and I saw a pub called 'The Old Bull' so I dutifully turned there.

I decided I would follow the animals, it could be fun or I could end up getting completely lost! I waxed and waned between panic and amusement as I picked out the animal way. I passed the 'Black Dog', went up Cuckoo Road, turned by "The Pig and Duck", passed Raven's Court and followed Sandpiper's Lane. Eventually I came to a small town. To this day I don't know the name of the town.

I was becoming more confident at 'being in tune with the universe' and sent out a new plea.

"I need a post office before midday closing time, please."

My car suddenly dwindled to a stop, seemingly of its own accord, in the middle of main street of the town. Oh no! I can't have broken down. No please-Help. I looked out of the window and was very surprised to see I'd stopped right outside a post office. Of course, I should have trusted. Now, where to park? My eye caught a sign- Blackbird Road. O.K. I went up Blackbird Road and voila! -A single parking space, - just for me of course.

I trotted off to the post office with my daughter and we arrived with 2 minutes to closing time. I handed over my allowance book and WOW another surprise! I was handed back the Mac money and a penny more. Yes, I was meant to have the Mac after all.

Back in the car again, now where? Well of course, the same procedure, follow the animals. I passed "The Sheep and Kettle", turned right into Dolphin Way etc. etc. After about 1 hour of following the animals I came to a familiar road- I knew where my sister lived from here. What a relief. I would never have believed there were so many helpful animal signs en route. I was rather bewildered by my strange journey and arrived feeling rather.... Spaced! "How was your journey?" my sister asked on arrival Well, what could I say?

"Interesting," was all I could think of. "There was a long tail back on the motorway but somehow I managed to find my way around it."

I just couldn't quite bring myself to say

"I followed the animals here today!"