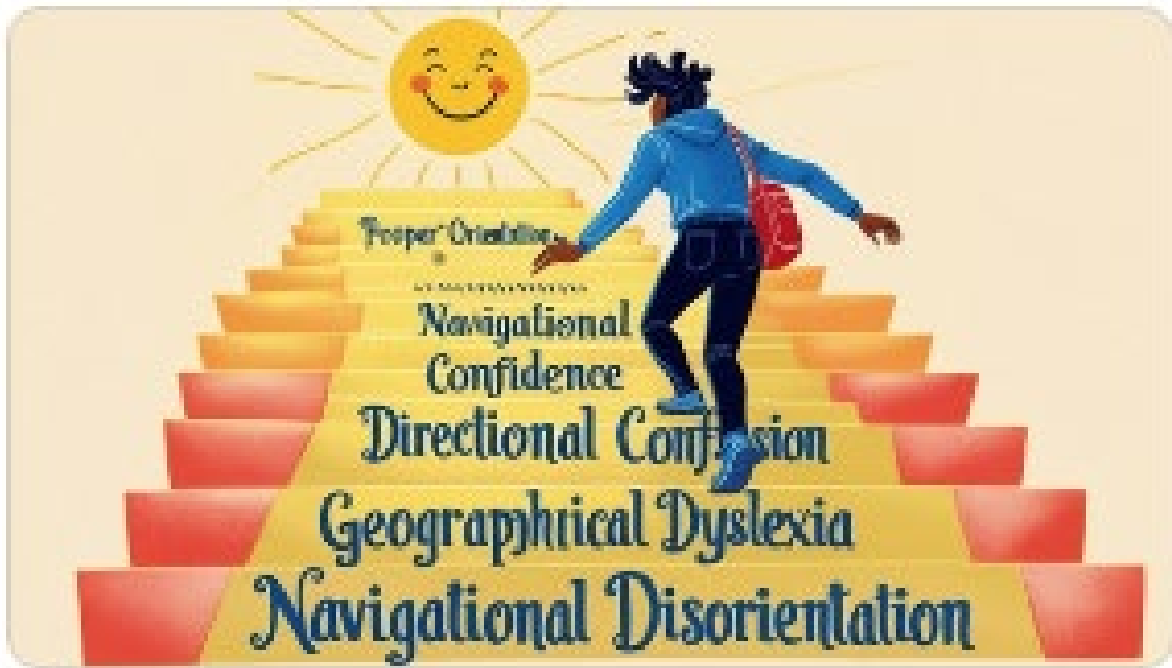


## FIVE STEPS TO GROW YOUR NAVIGATIONAL PROWESS



### Introduction

I am someone who has been directionally challenged for over 60 years!  
I cannot naturally identify left from right; east from west or north from south.

If you're like me, I know the humiliation you felt, as you turned up late, again, for that all-important appointment, after aimlessly wandering up and down numberless streets and lanes.

I used to ask myself, why am I not like the people who seemingly, find their way so easily? Why do my palms get sweaty and my breathing become constricted every time I have to make a trip?

Before I found some easy steps to help me navigate from left to right, I used to spend an inordinately long time trying to remember a formula I had worked out decades ago. Doing that was too time consuming, so sometimes I would abandon the formula and just guess. I was wrong almost all the time, and would be very embarrassed when somebody else realized that I did not know my left hand from my right hand.

Well, I was determined that I should do something about my inability to navigate from point A to point B, without getting lost! I was determined to do something about my situation!  
I was determined to find out the reason for the navigational challenges I had.



So, I embarked on my journey of self-discovery.

What I found out about myself and about the inability of many others like me, to competently navigate will astound and challenge you.

What I found, is what I'd like to share with you, so that you can also become more adept at finding your way!

In this pamphlet, I give you some of the strategies I learned to enable me to distinguish my right hand from my left hand, and to navigate with a lot more confidence. You also can learn to tell your left from your right!

You can also learn to distinguish east from west and north from south!

You can learn to find your way around a large (or small) building or parking lot!

And, you can confidently move from Point A to point B, without getting lost!

There are steps you can take right now, so that the next trip you make to the mall, or to the next town or city will be much easier for you.

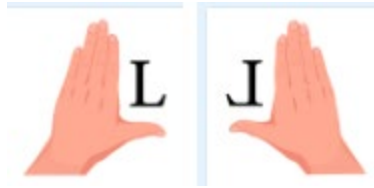
Following these five steps will get you well on your way towards navigational progress. For example, a simple trick will allow you to permanently be able to tell your left hand from your right hand!

### **STEP 1: Differentiate Your Left and Right Hands**

This is a challenge that many persons have, that prevents them from knowing which way to turn when they are told that something or is to their right or left. Here's how to overcome this challenge:

Hold your hands out in front of you, palms facing forward. You will notice that your thumbs will naturally separate from the other four fingers on either hand.

With your thumbs extended, the hand that forms a proper uppercase letter "L" is your left hand.



The other hand, which does not form an "L," is your right hand.

## STEP 2: Distinguish East from West and North from South



Less developed societies depend more on the sun's movements to determine how to move and where to go

### i. Using the Sun

Sunrise and sunset can show you east and west, because we all know that the sun rises in the east and sets in the west.

If you're facing the rising sun, you're facing east, and west is behind you. North is to your left (the hand with the proper uppercase L), and south is to your right (the other hand).

If you're in the Northern Hemisphere, at noon your shadow will be very short, but it will point slightly towards the north.

If it's midday, - the sun will be directly overhead, and you can use the angle of your shadow to tell directions.

### ii. Using an Analog Watch

Analog watches aren't the only timepieces available nowadays. But if you ever get lost and have one in your possession, you may just be in luck.

#### In the Northern Hemisphere

Hold the watch flat, with the hand pointing to the current hour, towards the direction of the sun. The midpoint between the hour hand and twelve o'clock will point south.



Once you identify and face south, north is behind you, east is to your left and west is to your right.

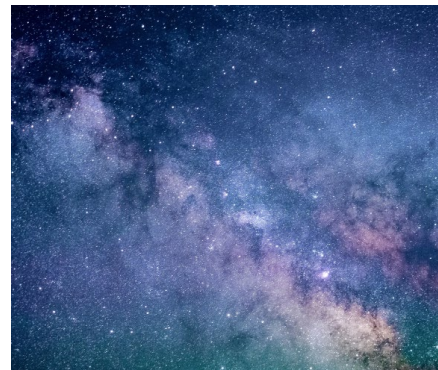
#### **In the Southern Hemisphere**

Hold the watch with the twelve o'clock mark pointing at the sun. The midpoint between the twelve o'clock mark and the current hour mark will be pointing north, and once you identify north, south is behind you, east is to your right and west is to your left.

#### **iii. Using the Stars to Find Your Way**



To be able to use the stars to find your way, you need a clear night sky. You also need to know a



*little* about the constellations.

So here is a mini lesson: The North Star, seen, naturally in the Northern Hemisphere, and also called Polaris, is located in the vicinity of the Big Dipper and the Little Dipper, which are pretty

easy to spot. They both are aptly named. The North Star is at the tip of the handle of the Little Dipper and it's a straight line from the rim of the Big Dipper.

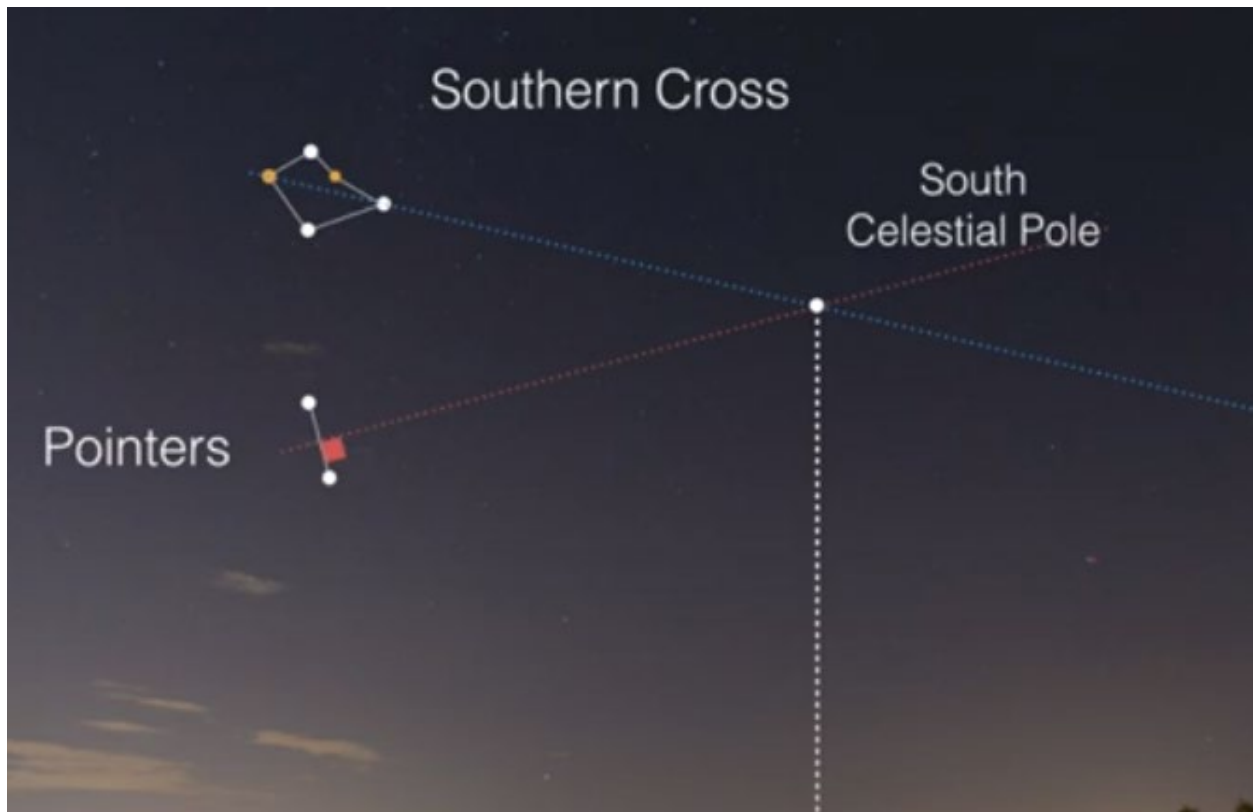


North Pole

<https://science.nasa.gov/solar-system/skywatching/what-is-the-north-star-and-how-do-you-find-it/>

### In the Southern Hemisphere

The starting point to locate in the Southern Hemisphere, is the Southern Cross Constellation. It's a five-star cluster found in the Milky Way, with 2 "pointer stars" below it. These are Alpha Centauri and Beta Centauri. Although these appear to us as single stars, they are both clusters of stars, hence the plural name. A straight line from the two most distant points of the Southern Cross, crossing a line drawn through the mid point of a line joining the two Centari will intersect directly over the South Pole.



<https://www.youtube.com/watch?v=-qZaiE9n-Z8>

South Pole

The important thing, in both hemispheres, is to locate both the North Pole and the South Pole, but the sky has to be clear and you do need the know how to identify the relevant stars.

### STEP 3: Make Mental Maps of Where You've Been

It is expected that as the human being ages our ability to remember things and people will diminish. Our mind's ability to retain especially short term memory, will lessen. This happens with most people.

However, there are some persons who regardless of age, either have never had, or have lost the ability to retain the memory of most of what happens to them, especially of places they have been and people they have encountered. If you're one such person, you must use all the means at your disposal, to keep a record of the routes you must take.

#### i. **Note Landmarks**

Make notes about prominent landmarks you pass, such as statues, buildings, parks and streets, in towns and cities. In the rural areas, pay attention to, and note landmarks such as, mile posts, bridges, rivers, trees, cliffs and valleys. Make sure to number the landmarks sequentially so that you can count backwards on the return trip.

#### ii. **Exploration**

Try to familiarize yourself with your close surroundings, until you can rehearse them, even by rote. Then expand your surroundings, walking and/or driving on less familiar routes,

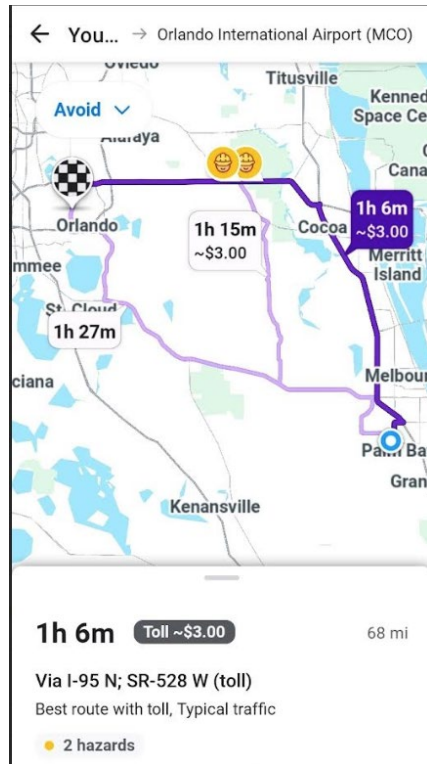
doing the same continuous rehearsal. Use written notes as long as is necessary, until you no longer need them. Use GPS wisely.



**iii. Practice Visualization**

When you're not traveling – you're stationary – try visualizing various routes that you use, in your house; in your yard, in your neighborhood. Try associating each location with memories, - the smell of the KFC at the intersection of two streets, the bright red paint of a particular building, the chatter of children playing in a park. Try to memorize points at which you should turn, for example, how many buildings, intersections, even mile markers you must pass before making a turn. Try visualizing an entire journey to a destination as well as the return leg. When you believe you've mastered one round trip, try doing the same with another route, and another route, until you have developed some mental maps.





**iv. Technology as a Learning Tool**

Download maps of your area, and areas you will visit, and study these, especially the routes to be taken to the various locations. The advantage to using devices such as Google Maps is that the “street view” of the areas give you the exact representation of the locations. You can actually trace a journey on a map before hitting the road.





this will take time. As much as possible, while you learn to grow your navigational prowess, arrange to have a travel companion. Try to find someone with whom you are comfortable – good friend or a relative, but make certain that it's not someone who is also directionally challenged.

### **STEP 5: Navigate with Confidence to Your Destination**

After becoming comfortable with navigating your near surroundings, you're ready to start exploring further afield. Although traveling to unfamiliar locations can be intimidating, with the right approach and attitude, you'll find that it becomes easier the more you try.

#### **i. Plan Ahead**

- a. As with anything you do, if you're to do it well, you must prepare yourself for the task. Use maps or a GPS app to trace the route and get an idea of the road you'll travel.
- b. Try to commit key landmarks to memory, noting major intersections, outstanding buildings, or other interesting sights that you can use as visual guides

#### **ii. Use Technology Wisely**

- a. Global Positioning Systems are great and you should have them handy, for guidance. But make sure to try, even occasionally, to look around you, and develop your own mental maps of where you are. Try to only use the GPS to corroborate what you remember.
- b. The maps are more difficult to use but you should still have them, in case your devices do not work.

#### **iii. Take Baby Steps**

- a. When you commit the route to memory, do not try to remember the entire journey all at once. Break the trip into small steps, each anchored with a notable landmark.
- b. Once you've mastered a leg of the journey – both in terms of reaching it, corroborating with the technology you're using, in positively identifying the landmarks you previewed before embarking on the trip, and in memorizing the leg – you can move on to the next phase of the journey, following the same steps

### **In Summary**

There are many, many steps you will have to take to get to the point where you will be comfortable telling your left from your right or differentiating east from west and north from south.

However, this is a start!

Explore my website – [epatsygreenland.com](http://epatsygreenland.com) and watch for useful tips and advice. More than that, register with us as we build a movement to change the knowledge base and the attitude of those who don't know about our suffering, and as we endeavor to build a future that is more accommodating of our challenges.