



Calling all *Angels*

Divine guidance is not a thing of myth, according to our very own *Karma Coach* Nikki Wyatt, who says we can all attract angels into our lives

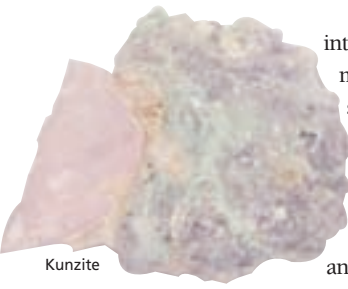
Strengthening your angelic connection can bring tremendous comfort and guidance. First establish your intention – angels can't help you if you don't ask. For some people, journaling works well, especially immediately on waking up. It's best to write without stopping for 20 minutes, without a thought for punctuation. Among the 'must-buy birthday card' type thoughts will be deeper inspiration. Results usually include a useful 'to do list', revealing insights into current issues, and some angelic guidance. You can then start your day with clear goals and an uncluttered mind, meaning you're more present. If you have a specific question, write it down before sleep – you'll be amazed what flows onto the page in the morning. If you wake from a vivid dream, write down the details quickly before they fade, especially any strong emotion you felt. Angels often speak in metaphors. If you meditate, or do anything that stills your mind and puts you in listening mode, then end the session by choosing an angel card. Put the card in your purse or on your desk and copy the message to your mobile or computer screen.

One of your greatest obstacles to angelic connections is being busy;

so ensure that when you get a message, you're reminded of it through your day. Stay alert for synchronicities, recurring numbers, white feathers or significant events – all ways in which angels communicate. I once affirmed every day for a week that I wanted joy in my life. That Friday, my boss came in with a lady who wanted to work with us. The introduction was: "Joy this is Nikki, Nikki this is Joy!" The job didn't work out but it turned out that Joy was a Journey practitioner looking for case studies, and I certainly found more joy volunteering for that!

Angels speak to our hearts not our heads. Contemplating beauty opens our heart to them, whether that's a landscape, a beautiful work of art or listening to poetry or stirring music. Get into nature; who can see trees blossom or watch spring lambs without their heart softening? Spending time with loved ones also opens your heart, and often angels speak through real people; you might ask your angels a question and suddenly be inspired to open a book for the answer, or someone tells you just what you need to know.

Keep your environment 'angel-friendly' with as little clutter and electrical



Kunzite

interference as possible. Stay as free as you can of microwaves, digital equipment, mobiles and plasma screens. Never sleep on an electric blanket or with your mobile nearby, and if you have wireless internet, turn it off when not in use, especially at night. Electro-magnetic fields have a particularly disruptive effect on your energy when you're asleep and psychically open. Use crystals such as larimar and

kunzite, melodic music, lovely scents and display photos of people and places you love and pictures of angels; all this raises the vibration of your space. There are also essences attuned to angelic vibrations. On my website (spiritoftransformation.co.uk) you'll find 20 angels ranging from abundance to wisdom, four archangels and seven ascended masters.

Nikki's five top tips for angelic connection

- Have a regular ritual – it creates a strong connection to the divine
- Raise your vibration – do this by creating an 'angel-friendly' home
- Keep alert for signs – these create reminders
- Follow guidance – it keeps your life flowing
- Be thankful – always thank angels for their guidance

Your inner life

It's much easier for angels to connect to us if our vibration is high, so our inner environment also needs attention. Food and drink affect not just our physical health but our spiritual health, too. If your body feels less like a temple and more like a council dump then it's time for a change! Your body's cells transmit and receive light, which is more difficult to do if they're blocked by toxic waste. The fastest, most effective way to increase your physical vibration is to change the water you drink. As 75 per cent of your body and an even greater percentage of your brain is made up of water, which is the medium through which all your physical processes happen, water is vital in your life. High vibrational water is free of chemicals, pH-balanced and energised with naturally-occurring minerals and oxygen. If you want to know how to purify and energise your own body, then there are details of such a water system on the Spirit of Transformation website.

Keeping your food miles down isn't just good for the planet, it's good for you, too; the fresher your food, the fresher your energy. Just growing sprouts and herbs in a window box and adding them to your meals can help.



To radiate as much light as possible, take in as much light as you can. Apart from spending time outside, it helps to eat naturally sun-ripened food. Avoid anything artificially ripened; eating fresh, naturally ripened fruit is a fabulous way to boost your angel-attracting light.

Finally, remember that no one keeps giving advice that isn't followed, so act on what you hear or see. Nor do any of us enjoy thankless tasks, so when you realise you've been blessed by an angel, give thanks. The love you send out when you do that will return to you a hundredfold.

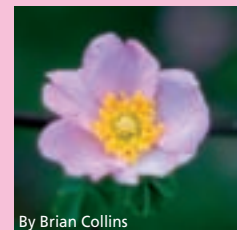
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Essences to support angelic communication ...

Angelica: This is excellent when used with meditation or psychotherapy, helping higher information manifest within us. This happens because Angelica aligns all the meridians and chakras. It creates a sense of inner balance and is therefore a wonderful essence for dancers. Angelica has the ability to bring us closer to our higher self and to communicate with angelic forces. Praise increases our angelic connection. Take this essence and contemplate something for which you feel a great sense of praise. Look at magnificent trees or beautiful flowers for example and let the sense of praise gather deeply within yourself. Sit quietly, allowing the energy of the angels to be with you. As the angelic energies gather, allow their strength to be with you, as if acknowledging that they're standing to the right and left of you, supporting your body. Then imagine viewing through an angel's eyes the nature you've been contemplating. This exercise is enhanced by angelica and allows loving angelic energies to be more easily absorbed.
Affirmation: 'As my heart opens, angels restore and support me.'



Rosa Webbiana: This wild rose is native to the Himalayas. It expands our consciousness and psychic abilities and was used for this purpose in Atlantis. It helps us develop the ability to transfer energy to and from multidimensional levels, particularly with the angelic realms and ascended masters and to use this ability in daily life. It also enables us to transmit this energy to others and particularly supports visualisations. The heart, throat and brow chakras are stimulated, resulting in a deeper understanding of our life purpose, especially when this involves working with others. It allows greater attunement to the Earth. This essence helps in cases of rigidity, bitterness, jealousy, feeling unloved, when we are overly critical of others, lack trust, are withholding or are irritable. It enhances love, compassion, truthfulness, feelings of universal love, service and sharing. It brings empathy with all living things. Less than half an hour after taking this essence, the body's cells are attuned to the Earth's vibrations which allows past memories and patterns to be released into consciousness.
Affirmation: 'I am at one with the universe, open to its love and wisdom.'



By Brian Collins

With acknowledgement to: Flower Essences and Vibrational Healing by Gurudas,



As The Karma Coach and a vibrational medicine practitioner, Nikki Wyatt releases family conditioning and ancestral patterns causing current problems with relationships, work, money and health. She uses a variety of techniques including flower and crystal essences, hands-on healing, emotional release, channelled information and coaching. For your free soul flower report and more information, visit spiritoftransformation.com