

# The things we do for **LOVE**

Our *Karma Coach* reveals some of the reasons why we subconsciously sabotage our lives due to our ancestors' actions, and how we can overcome this to live better ones

First of all, answer the following questions:

- Do you often feel like an outsider?
- Do you find it hard to attract abundance above a certain level?
- Do you find it difficult to commit to a long-term relationship or to starting a family?
- Do you feel drawn to a particular family member or ancestor?
- Are you often attracted to 'unsuitable' partners?
- Do you feel numb, depressed or emotionally shut down?
- Are you living in a country far away from your family of origin?
- Are there estrangements in your family or members who aren't spoken of?
- Are there family secrets?

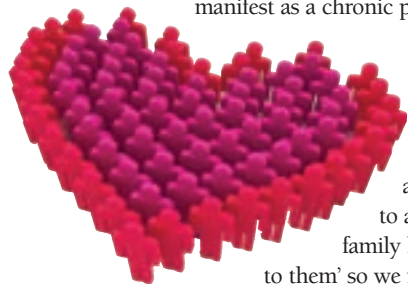
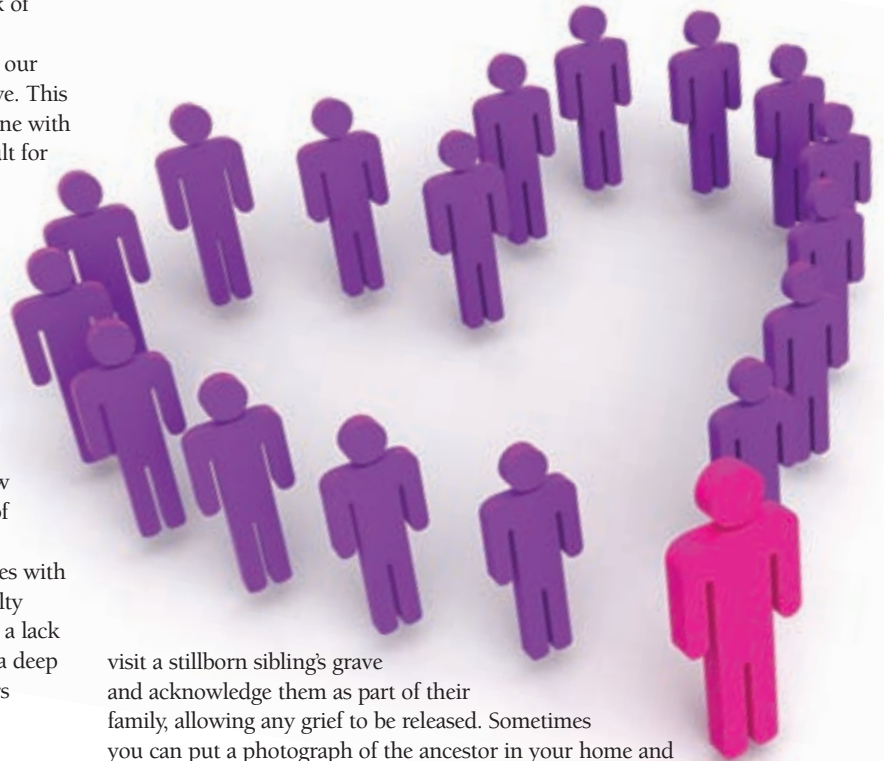
If you answered 'yes' to any of these questions you may be carrying ancestral karma. Ancestral memories are part of our cellular make up, and our unconscious desire is to heal what has been left unresolved by previous generations. In order to do this we unconsciously re-enact family stories, whether we knew our ancestors in life or not. Often our own issues are a way of drawing attention to these difficult areas of our family history. So if a family member was ostracised for any reason – and a few generations back there were all sorts of reasons for that to have happened – then we may also separate ourselves from our family, perhaps by emigrating or following a career that involves overseas postings or marrying someone who makes it hard for us to be in contact with our family. In this generation we're unlikely to be able to recreate exactly the same situation, as society is generally more tolerant than it



used to be, but the end result will be the same fate – separation and lack of contact with our family.

If the disconnection is more emotional than physical, then it's likely our history includes ancestors who had to shut down their feelings to survive. This might be due to wartime trauma. Many men came back from the frontline with a form of post traumatic stress disorder, which made it extremely difficult for them to relate intimately to their family. This can show up in future generations who find themselves disconnected from their feelings. Another scenario could be that someone in our family line had to give up a child for adoption or maybe there was a stillbirth, miscarriage or early infant death that was un-mourned and not spoken of. Also, if you have ancestors who were exiled from their country of origin, who had to emigrate to survive, this can cause terrible internal conflict. Suppressed grief from such events is a tremendous karmic burden, often showing up as depression further down the line. An inability to prosper financially, or to start a family, or addictive tendencies can all be traced back to misplaced family loyalty, so we show our love by re-living an ancestor's pain, which is our unconscious way of acknowledging their difficult fate.

If we're carrying any of these karmic burdens it can show up as issues with intimacy or as physical problems. It's as if our energetic wiring has a faulty connection that may manifest as a physical ailment. Sometimes you feel a lack of energy because there is no ancestral support and sometimes it's such a deep problem that you're actually sending energy backwards to your ancestors instead of receiving it from them, and draining your system, which can manifest as a chronic physical or mental health problem.



## Free yourself

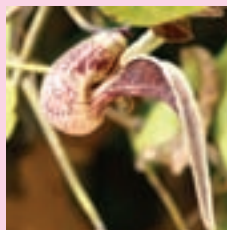
There are many ways to tackle these issues. Fundamentally, we need to bring the pattern into awareness, to identify the ancestor whose fate we're connected to and to acknowledge and include them in our family line. We then need to 'give their fate back to them' so we no longer carry it. Sometimes this may involve finding and visiting a grave. For instance I've known people

visit a stillborn sibling's grave and acknowledge them as part of their family, allowing any grief to be released. Sometimes you can put a photograph of the ancestor in your home and consciously include them in your loving thoughts, picturing them appreciating your happiness. Helpful statements to use in karmic releasing rituals are: 'You are my... (put in their relationship to you, such as grandfather), I am your... (put in your relationship to them, such as granddaughter).' Then: 'I see your fate, I have carried it with love. Now it's over. I leave it with you. Please look kindly on me as I am happy'. It helps to bow to them as you say this last phrase, acknowledging how much you owe them. After all, we owe our life to this person. Many flower and crystal essences work with these karmic burdens as they are such a common cause of imbalance. Here are some of the most helpful...

**Sweet pea:** draws us out of our daydreams into the present so that we develop a social commitment to life. This essence is invaluable in overcrowded living conditions such as cities. It creates emotional stability and calm, allowing inspiration. It's helpful when we're lonely, when we don't know where we belong, when we're always searching, never becoming involved, always moving around. Useful when there's little sense of belonging to the Earth. Helpful if we moved often as children and were unable to develop an inner sense of home. This allows us to form a connection with our community. *Affirmation: 'I am a serene, light-filled, and centred participant in the human community.'*

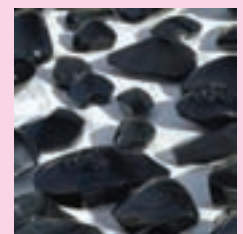


**Pelican flower:** for those of us whose parents made great emotional demands on us as a child or even now as an adult. Perhaps they needed too much help themselves to be able to emotionally support us. This is an important essence if we still make great sacrifices including putting our own lives on hold in hopes of obtaining love from our parents. It



helps us understand that the roles were reversed between parent and child and the expectations placed upon us were more than anyone could possibly have fulfilled. Pelican flower allows us to release this family dynamic, claiming our right to be treated with love and respect as well as to live a life that makes us truly happy. *Affirmation: 'The only person's emotional needs I'm responsible for are my own.'*

**Black obsidian:** is powerfully cathartic and provides deep soul healing, particularly for trauma from past lives. This colour of obsidian increases self-control and grounds our spiritual self in the body. It brings all hidden, negative patterns fully into our awareness to be released. This healing effect goes back to past lives and works on the ancestral family line. It reverses previous misuse of power, showing us that true empowerment is not personal power but using power for the good of all. It repels negativity and disperses unloving thoughts. It urges us to let go of old loves and supports us through change. *Affirmation: 'I step into my true, empowered self.'*



With thanks to: *Family Constellations* by B. Hellinger, *The Flower Essence Repertory* by P. Kaminsky and R. Katz, *The Crystal Bible* by J. Hall, and Morningstar Essences.



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](http://spiritoftransformation.com)