



Create your ideal life

This month our karmic expert encourages you to be proactive about manifesting the life you want, by using affirmations and vision boards to help you on your way

The children are back at school, and it's that time of year for reflecting on new starts, deciding what we, too, want to learn from life. A quick way to clarify your goals is to list what you do and don't like. Look around you and notice anything or anyone that makes you feel wistful or envious: it often indicates unacknowledged needs and unfulfilled desires. Keep magazine pictures that inspire you – you'll see important themes. For example, last time I did this, many of my pictures were people having fun, and I realised my social life needed attention for me to feel nourished again. Meditating on your ideal life can give you an internal picture of what you desire – this is a hugely important step to manifesting it. Next, recreate your ideal life as an external picture: a drawing or a collage. Or, record a description of a typical day in your ideal life and listen to it daily. Your vision should feel slightly scary and daring.

That frightening yet exciting gap from where you are now to where you want to be is the journey. It's the part where you grow, so that by the time you reach your goal you've developed the skills necessary to live that life. Our true life purpose always seems to fit with our greatest challenge. If you're destined to be an inspiring speaker you may be born with a stammer; if your role is that of a powerful healer you may suffer from chronic illness; it's the way things on Earth are set up. We need challenges to build our strength in the area where we need to be the strongest. So the other important ingredient is support. Find a coach or get a group together. Many people are setting up groups based on working together through exercises in books such as *The Artist's Way* by Julia Cameron (Pan Books; £14.99) and *Ask and It is Given* by Esther and Jerry Hicks (Hay House; £9.99).

Two years ago I went through exactly this process and made a collage of things I wanted. It included a silver car to replace my old one. I placed the collage in my field of vision each day and I gradually manifested most of what was on it. During this time I was taking the crystal essence beryl to eliminate judgement and enhance self-worth – two traits that were blocking my ability to receive.

The first awareness came when I went into hospital for a scan, thinking judgemental thoughts about the impersonal nature of hospitals. As I lay there I overheard the nurse who was operating the machine telling her colleague how much she disagreed with management directives to treat a certain number of patients per hour. She said, 'I treat each patient as if they were a member of my own family and I won't rush them for anybody!' As she gently helped me up I asked her name, which turned out to be Beryl!

Some months later, still having done nothing concrete about changing my car and freezing in the now snowy weather, I was driving home having forgotten my mobile phone, and the lady in front of me began to pull out. She stopped suddenly and bang: I drove into the back of her. Her car was almost unscathed but mine was a write-off. As I stood feeling slightly hysterical at the sight of liquid pouring into the road, thinking it was petrol, a passing fire engine stopped and two fire fighters leapt from their machine. They reassured

"That frightening yet exciting gap from where you are now to where you want to be, is the journey"

me the liquid was just water from a broken radiator, drove the car safely off the road, lent me a phone to call the insurance company and gave me tips on negotiating the claim. Though I was normally entitled to a courtesy car for only a week, because it was Christmas and the rental office was closed until New Year I got a fabulous car with fully functioning heating for three weeks, just when I needed to see far-flung relatives. An internet search revealed only one car with the specifications I wanted – just like the car in my photo. So following the fire fighters tips I negotiated an excellent insurance deal. And the name of the lady who sold me her silver car? Beryl! Now, whenever life gets tough I remind myself that it's a necessary part of the journey and every cloud really does have a silver lining!

Steps to heavenly manifestation

- Clarify your vision. Keep your goals in your awareness anyway you can, using affirmations, screensavers and/or a vision board. Notice signs and angels in human form when they appear.
- Prepare. What aspects of your current lifestyle don't fit your vision? Map what you need to do so you're emotionally, mentally, spiritually and physically prepared.
- Gather resources. Join or form a group to inspire and support you. Find a coach. If you're in an isolated area join an internet support group.



ESSENCES TO HELP YOU CLARIFY AND MANIFEST YOUR VISION:

Kirengeshoma:

This essence affects the heart, releasing feelings of loneliness and superiority. It also brings illumination and sparks renewed interest in vocational dreams. If you have a secret vision or desire for your soul's inspiration and life purpose, this essence helps you reconnect to your inner ideal regarding manifestation, and clarifies the process needed to bring it to fruition. Once clarified and ignited, blend with other essences to empower and manifest the vision.



deeper connections to your higher self and highest design for this lifetime. Useful when you don't know which direction to take, it gives a clear, resolute vision on your choices and prioritises potential objectives. Good when you have a lifetime project you can't put into practice. Helps you work towards a goal with strength,

confidence and clarity in harmony with core values. Edelweiss deeply cleanses your auric field.

Carob (St Johns Bread):

Carob develops a collective consciousness, which enhances group communication and interaction especially when they meet repeatedly. The group telepathically join minds to receive higher inspirations and experience a clear, unified focus. Groups involved in any spiritual practice would especially enjoy this essence. It extends the etheric body directly into the mental body which increases empathy both in a group and between healers and their clients. A group taking carob could send healing to a sick person more effectively.



Laurel:

The keynote of this essence is resourcefulness. Laurel can assist in manifesting your vision, and in empowering you to find the resources to bring ideas and ideals into form. When you bring a plan to fruition, you must be able to hold and synthesise many diverse energies. Wise in heart, laurel helps you trust the spiritual world and universal source to support plans that are for the highest good.



Edelweiss:

This opens your crown chakra, attuning you to the highest vibration you can reach. It connects you to your creative power, allowing you to accept

With acknowledgement to: Findhorn Flower Essences, Aziz Shamanism, Hummingbird Remedies, Crystal Herbs and 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 reading and more information, visit spiritoftransformation.com