

Come rain or shine

We are all influenced by our 'emotional weather', says Karma Coach *Nikki Wyatt*, who shows you how to cope with life's up and downs



What's your 'emotional weather' right now? Take a moment to see how you're feeling. Would you describe it as mostly sunny with occasional showers? Grey and overcast? Or exhilaratingly stormy? When it comes to the external weather, we never expect it to remain the same for long, yet we often judge ourselves or others as moody when our emotional weather changes. Watch a child who hasn't yet taken on these judgements and see how rapidly their feelings flow; one minute they're inconsolable because their teddy has fallen out of the buggy, the next they're gurgling in delight at a balloon. Rain follows sun and sun follows rain, and as such, we're feeling beings meant to have moods. We can't appreciate joy without grief or intimacy without separation. What keeps our moods stuck is judgement; whenever we judge an emotion as unacceptable, we effectively stop it flowing through our energy system and create dammed up pools of resentment, fear or sadness.

So how do we restore flow? The first step is awareness of what moods you judge: this is usually a response learned in childhood. Most families have a prevalent weather system. Think of yours when you were growing up – was there usually a storm brewing, was it dull and overcast most of the time or was your childhood full of sunny days? Some of us may have had our happy natures closed down by a family whose prevailing weather system was dull and oppressive. Others may have had their rainy days suppressed by a family who only accepted the sunny side. This isn't to cast blame but rather to find understanding. Repressing joy or repressing grief is equally unhelpful. Where we want to be is in the position of our higher self, observing and enjoying the emotional changes and finding them all equally acceptable. 'This too shall pass' is such a powerful statement from Buddhist texts, because if it's a sunny day it reminds us to make the most of it, and if it's raining cats and dogs, then we can remember that the experience will also soon be over.

Another shortcut to awareness is to notice what 'weather' we dislike in others. Maybe it's anger, sentimentality, intolerance or being a drama queen. Anything we judge in others tends to mean we have it hidden within ourselves.

Once we're aware of our true feelings, the next step is to accept them. Most of our pain and suffering is caused by our inability to accept what is. Any attempt to deny or avoid reality is resistance and, as the saying goes, what we resist, persists. The more we wish things were other than they are, the more we suffer physically with a clenched jaw, headaches, tense muscles and rigid joints, and emotionally with depression.

- 1) Once you're aware of the feelings you're blocking, write them down. You may find as you write that a judgemental voice comes into your head saying you're stupid to have these feelings; ignore it and keep writing – you have every right to your feelings and they need to be heard.
- 2) The next step is to own these feelings. Tell them to someone you trust not to judge you, such as a compassionate friend, counsellor or therapist. The deeper you dig and the greater the shame attached to those feelings, the greater the release when you can accept them; it can feel like a cork popping from a bottle.

Our spiritual essence is like the sun and the experiences we have are like clouds and rain, which simply obscure for a while the divine essence of who we really are. Once you get used to dealing with your feelings this way, you'll enjoy life more, whatever the weather!

The path to flow

- Step 1: Awareness** – investigate your real feelings; our most frightening emotional dragons are often sitting on our greatest treasure
- Step 2: Acceptance** – share your feelings in small steps, bringing them into the light of understanding and forgiveness
- Step 3: Flow** – feel lighter and brighter, effortlessly attracting the life you want

Crystals for acceptance

Blue lace agate: This stone enables us to express what's in our heart with loving honesty in a way that doesn't hurt others. It facilitates clear, truthful communication, softening a pattern of being too critical as well as one of not expressing ourselves clearly through fear of rejection, humiliation or disapproval. It helps us understand problems and illness. It brings strength and courage so we feel safe in new situations. It stimulates positivity and brings peace of mind. This stone brings clarity of purpose. It enables us to see the truth and accept our circumstances. It stimulates compassion and enables us to accept others, without judgement. It works on our throat, heart, third-eye and crown chakras, helping us receive inspired guidance. It's a powerful throat remedy, balancing the thyroid, and can release shoulder and neck problems and treat arthritis.



Charoite: Useful for releasing deep fears. It's especially helpful in releasing resistance and for getting things into perspective. It helps us see that our current situation is in divine order. It increases our energy, motivation and spontaneity, reducing anxiety and fatigue. Charoite stimulates insight, supporting us with major spiritual shifts. It integrates the heart and crown chakras and stimulates unconditional love, helping us resolve feelings of separation or frustration. It's useful in treating compulsive and obsessive patterns. It brings flexibility to dogmatic spiritual attitudes. It grounds our spirituality in the here and now, encouraging us in service. It can inspire us to address personal and collective karma. It strengthens our relationships, allowing us to accept and love others as they are, and to be more compassionate. It integrates conflicts and regulates blood pressure. Charoite allows deep sleep with powerful dreams.



Eilat stone: This is a particularly powerful crystal found near the Red Sea. It helps clear the energy of the thymus and balances the heart. It relieves depression, bringing inspiration from our higher self. Eilat stone enables us to accept our life circumstances especially when related to our personal karmic pattern. It's an excellent antidepressant. Eilat stone balances our masculine and feminine aspects and is traditionally used to integrate the thought processes between individuals in interpersonal relationships. The energy of the Eilat stone is peace. It is excellent for detoxifying and releasing issues of trauma. It is also a powerful stone for women's issues, helpful in healing issues of abuse and repression, lack of self-esteem and to develop inner knowing. It is also said to encourage women to become more self-empowered.



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