

# Glow as you *grow*

Forget expensive make-up and age-defying face creams, if you really want to look radiant this summer, start by brightening your glow from within, says Karma Coach *Nikki Wyatt*

**W**e all notice when someone's fallen in love or fulfilled a long-desired goal – they look radiant. But why is that? Often, it's because they've opened and connected from the heart, whether it's to another person's or to the universe that's delivered something wonderful to them, leaving them full of joy and gratitude. This is something we can all cultivate; after all, there's a reason why expanding your understanding and raising your vibration is called 'enlightenment'! Here's how to make sure your light shines more brightly.

## Ways to raise your vibration

■ **Walk in nature.** It doesn't have to be sunny for you to benefit from the light. All elements – air, water and earth – are living energies so be conscious of interacting with them. Let the air caress your skin, breathing it in and appreciating its life force; trail your hands through water, and allow the life-giving rain, which carries memories and information to you



from all over the galaxy, to wash over you. Attune to any flowers or trees you feel drawn to, noticing their individual qualities; they may be strong and steady, vibrant and joyful, clinging and sticky, or fragile and hard to reach. Contemplate why their characteristics appeal to you. Observe animals and birds, acknowledging how you respond to their different behaviours and appearances; this can be a healing experience if you bring awareness to it. Whatever mood you're in to begin with, you'll almost certainly return in a much lighter one.

■ **Use music to raise your vibration.** To reduce grief, play sounds that will encourage healing tears and let rip until you feel lighter. For pent-up anger, listen to something you can stomp around and rant to; it'll release the emotions from your body in a harmless way. If your inner child needs attention, try using a tender tempo to help you connect with them; hold a cushion, representing your younger self, while you do so, reassuring them how much they are loved and accepted throughout the process. When you're feeling low or stuck, choose a bouncy, uplifting track, dancing around enthusiastically as you hear it to get your energy moving.

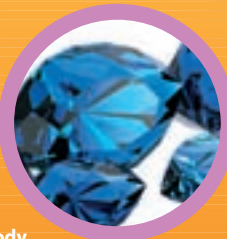
■ **Realign.** Find an environment as free of electromagnetic fields as you can – in nature is ideal – and meditate.

## Blue sapphire

Helping you manifest your desires and raise your vibration to a greater level of awareness, this crystal is believed to release sadness and grief. Integrating the mind, body and soul, it brings clarity and inspiration, lifting people's spirits and opening them up to abundance. Increasing feminine energy and psychic gifts, it connects the throat and heart chakras, releasing pent-up feelings so you're able to speak your truth. Said to dissolve negativity, it's believed to encourage a more relaxed attitude.

**USEFUL AFFIRMATION:** 'I see my truth and speak it clearly and calmly. I'm joyfully manifesting my desires.'

From the Speaking Your Truth blend.



## Potato flower:

Thought to alleviate depression and calm overexcitement, leaving you feeling safe and centred, this humble vegetable's flower anchors Divine light into the body through the crown chakra, helping you overcome painful experiences and limitations. Enhancing purification of the psyche through the third-eye – preparing you for receiving spiritual wisdom – it encourages you to reassess values, judgements and relationships with wisdom and insight, and rid yourself of any inappropriate thoughts or attitudes.

**USEFUL AFFIRMATION:** 'It feels good to be calm. I enjoy being ordinary.'  
From the Feel Safe Amid Change – Overcome Overwhelm blend





Use a guided visualisation or simply focus on breathing in and out, while allowing your thoughts to drift; this will help your vibration settle and re-adjust, leaving you feeling calmer, clearer and more productive.

■ **Remember your environment.** The people you're interacting with, places you spend time in and even clothes you wear, affect your vibration. Try to minimise the time you spend with angry or resentful individuals who habitually complain, choose uplifting books and films that expand your understanding, and bring a higher frequency to your surroundings by

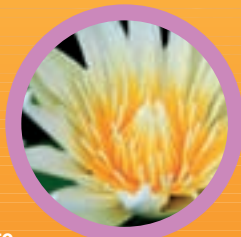
removing clutter and adding plants, crystals, photos and inspirational quotes to your daily life instead. Dress yourself as the goddess you are, favouring colours that enhance your mood and textures you like feeling against your skin.

As you cultivate these habits, you'll spend longer periods of time in a higher, more joyous vibration, to the point where people and circumstances not matching your vibration will fall away. One day, you'll look around and realise your life, and you, is lighter, more attractive and much more fun.

**Yellow water lily:**

Promising to help you expand your consciousness and heighten awareness of your connectedness with other dimensions, this essence encourages you to recognise your personal growth and celebrate your progress. Allowing you to distinguish your inner guidance from other voices – sure of its constant connection to Source – it's ideal for times when you're struggling to see the way forward or feel you're at a crossroads, enabling you to cut through your doubt and fear, and hear your higher self give you clear direction.

**USEFUL AFFIRMATION:** 'I hear my inner guidance and celebrate my spiritual growth! From the Opening to Guidance and Soul Purpose blend.



**Sage**

Aligning your spirit with your personality, this essence allows those of you whose lives have had a material emphasis to embrace a more spiritual perspective. Enabling you to see the bigger picture, it releases physical tension and encourages you to take life less seriously, promoting a much lighter approach instead. It's a great cleanser of negative energy and can open up psychic abilities, showing you how to identify your spiritual purpose and identify the blocks preventing you from receiving your soul wisdom. It's also thought to awaken your heart and abdominal chakras.

**USEFUL AFFIRMATION:** 'I relax, feeling clear and in alignment with my purpose! From the Finding Perspective – From Intensity to Balance blend.



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](http://spiritoftransformation.com)

