

# How to... Heal your heart

Learn how to move on from painful past experiences, with advice from our Karma Coach, Nikki Wyatt

**D**o you always have the confidence to ask for what you really want in a relationship? Do you mull over past hurts, unable to trust the same thing won't happen again? Your heart is both a playground and battlefield, bearing the scars of experiences. But it is also your centre of growth, the place where you can increase your awareness and your compassion for yourself and others. Keeping your heart healthy is as important emotionally as it is physically – indeed, the two are inextricably linked. The temptation after a painful experience is to avoid similar situations in the future, but this leads to an ever smaller, limited life and reduces your self-esteem, as you get the message that you can't cope with certain emotions or situations. The more you face your demons, the more you gain self-respect and possibilities for new growth – including a better relationship.

*In just 10 minutes*

## Tips for healing your heart

Let go of past pain. We can obsess about hurtful words or actions, especially at the end of a relationship, to justify why it finished. Not only does that victim vibration attract more victimisation but it's a barrier to you feeling the pain of what you've lost, which is a vital part of moving on. Here's a useful two-step ritual:

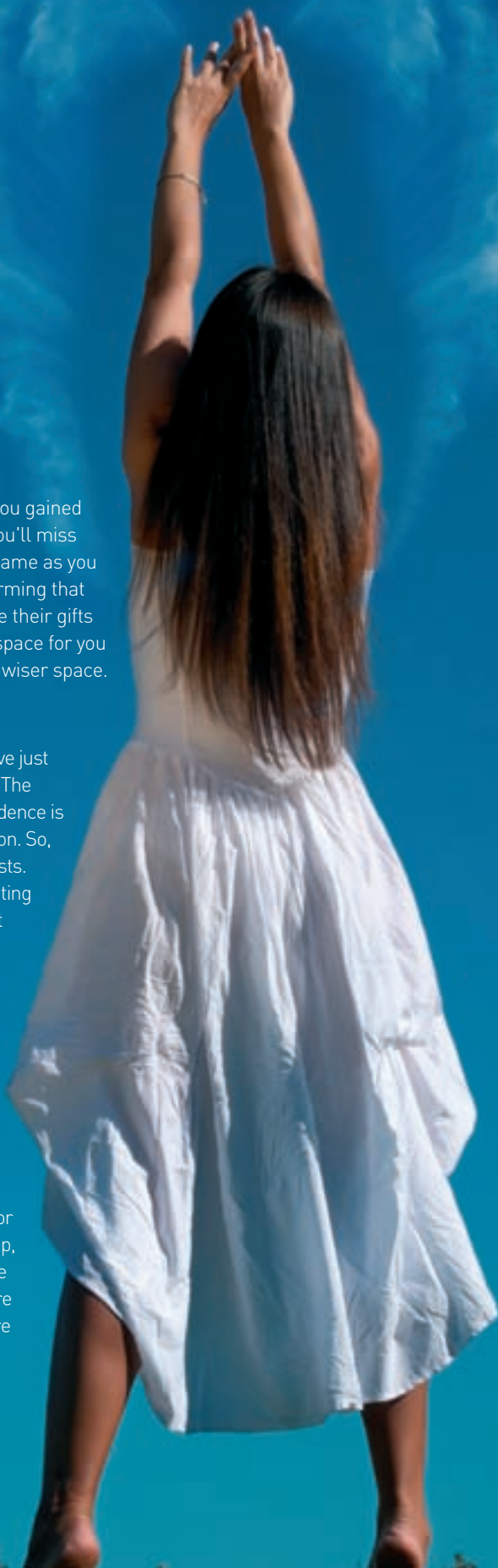
**STEP ONE:** Write a list of what hurt you in that relationship, honestly expressing your part, too. Then burn or tear up the paper and drop it into fast-flowing water, affirming that you let go of this, forgiving yourself and the other person. If you genuinely can, thank the person in your heart for agreeing these opportunities to grow and mature, even it's painful.

**STEP TWO:** List all the gifts that you gained from that relationship and what you'll miss sharing with that person. Do the same as you did with the first list, this time affirming that you're freeing that person to share their gifts with another and you're creating space for you to share with another, too, from a wiser space.

## Build your confidence

When relationships are rocky or have just ended, your confidence can be low. The number one way to build your confidence is connecting with your creative passion. So, see how you can extend your interests. For example, if you love dance, painting or yoga, book an activity holiday that allows you to hone your skills and meet others who share your passion. If you love nature, explore an aspect that intrigues you: bushcraft, white-water rafting or the medicinal properties of plants. If you enjoy food, explore a different cuisine and learn to make new dishes. If you appreciate perfumes, colours and sensual things, learn massage, aura soma or interior design. If music lights you up, join a local group or choir. The more you focus on what you love, the more love is in your vibration and the more love you will attract.

If your esteem is low, create a list of your achievements and qualities. Stick it by your bed to read before sleeping and waking for a quick confidence boost, so you drift off with a smile and start the day feeling positive.



# Feel better essences to boost your self-esteem

You'll find these essences in the Transformation Essence Range at: [spiritoftransformation.com](http://spiritoftransformation.com), including blends for self-acceptance, letting go and closeness. With acknowledgement to: Bailey Essences, Hummingbird Remedies, MK Projects, *The Crystal Bible* by Judy Hall, Crystal Herbs and to *Flower Essences and Vibrational Healing* by Gurudas



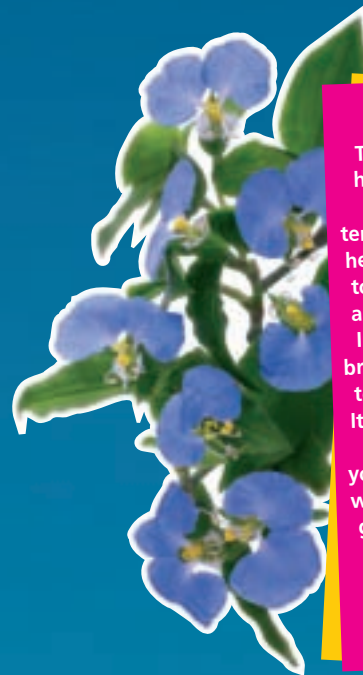
## Lobelia

Lobelia allows you to be your own best friend; it strengthens your self-confidence, even when others aren't supportive; it helps you develop clear, healthy boundaries in relationships and supports stronger self-acceptance and self-esteem. It connects you to your instincts, body rhythms, and Earth rhythms, knowing what you need: rest, food, love. It brings appreciation of self and lessons learned, supporting you on the journey from low self-esteem to self-honouring. Lobelia also brings clarity and releases limitations. It may also help you release old stories. Useful affirmation: 'I release the past and step into a powerful new story full of joy'.



## Ruby

This powerful essence works on the heart chakra. It eases grief, disappointment and bad dreams. It eases confusion and procrastination, bringing stability, courage and confidence. Your ability to give or receive love increases together with feelings of compatibility. Ruby encourages passion, sexuality, energy, wealth, motivation and realistic goal setting. It calms hyperactivity, yet also overcomes exhaustion and lethargy. It encourages the removal of anything negative from your path. It supports you in following your bliss. Useful affirmation: 'I open my heart to give and receive love and experience passion in all areas of my life'.



## Tufted Vetch

This works on the brow chakra. It helps when you lack self-direction and trust, if you have addictive tendencies or issues with sexuality. It helps you become your own person, to believe in yourself, your abilities and to love and look after yourself. Instead of clinging to others it will bring more self-confidence. Any need to be protected by others will shift. It helps you think for yourself, make your own decisions, and become your own person. It's especially good when you have a tendency to be too gentle, nurturing and caring. This is also a key remedy for sexual difficulties. Useful affirmation: 'I trust in my ability to care lovingly for myself'.



## Bleeding Heart

This heals heartbreak, balancing the thymus gland and the heart. It harmonises attachments to individuals and relationships where there has been neediness, possessiveness or co-dependence. It helps you integrate the grief of bereavement or loss of a relationship and begin the self-healing process. It encourages the release of both current pain and painful past life experiences. It's wonderfully comforting if your heart is breaking and you're unable to bear the pain. It aids the shift from feeling helpless and trapped and wanting to change another person or situation to realising that you can only change yourself and your reactions. Useful affirmation: 'I honour my grief. When the time is right for me I release it and move on.'



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)