



How does your Garden grow?

Want to change your life but don't know how? Then tend to your thoughts, dig out the unwanted ones (the weeds) and allow positivity to blossom with our expert advice from the *Karma Coach*

If your life was a garden would it be beautifully landscaped with neat beds, or more of a jungle choked with weeds? What grows in our life is the result of our energy focus, whether it's negative or positive energy. Shamans speak of 'seed thoughts' that grow into a particular crop; negative, fearful thoughts will produce a garden full of smothering, poisonous growth; positive, loving thoughts produce luscious flowers and fruits to uplift our spirit.

Our lives are made up of thousands of repetitive thoughts that all have a

long-term effect on our physical, emotional and spiritual well-being. Make this the month that you check what seeds you're sowing, so later in the year, you can enjoy your soul garden fully. But remember to do regular weeding, so your garden remains beautiful.

First, go through your day noticing what makes your energy rise or fall. List the highlights and lowlights in two columns. The lowlights column might include your commute to work, the school run, logging onto an email blizzard, clients or family, or mental confusion. Highlights might include a lunchtime walk, reading a good book, catching up with a colleague or family, listening to music or learning a new skill. The first column represents the source of the weeds; the second column produces the beautiful blooms. So to change the balance in your soul garden from negative to positive, it's time to get to work with a metaphorical strimmer! Look at where you feed the weeds. There are two options: either change the activity or, if that isn't an option, change how you feel about it. For example, if you dread your daily commute, try investigating a different way to get to work, such as cycle, scooter or car share; discuss ways of working from home on certain days or working flexitime to avoid the rush hour. And if you can't change it, then include something that you can look forward to, such as learning a foreign language through your iPod, listening to your favourite comedy or an uplifting speaker or inspiring music. If your emails overwhelm you, apply the same principle: upgrade your spam filter, unsubscribe from unwanted mailings, create folders for regular senders and direct their emails straight to those folders – your inbox will immediately look easier to deal with. Or, change the way you feel about it. Each day I receive an inspirational email from my favourite spiritual source, then I tune into a flower or crystal to guide me and I make it my screensaver. For you it might be a colour, an animal, a bird, or a landscape.



Next, clear your soul garden of pests. If you have energy drains in your environment, whether that's people or machines, combat them using crystals, essences and sprays or plants such as peace lilies. Address draining behaviours with any people concerned (see The Energy Shop at spiritoftransformation.com for ideas). The great thing about this exercise is that once you start, you'll find it easier to change things. Your sense of what's possible will expand and you'll no longer feel a victim of the weeds and pests in your life, you'll begin to think like the all-powerful creative gardener that you are and plan your planting.

Then, on to your high energy column – the seeds of beautiful blooms. If there aren't many items here, then remember that small things count. Include time admiring gardens on a daily walk, daydreaming of the gorgeous guy on the train, planning a delicious meal or looking forward to reading your child a bedtime story, which can all be positive seed thoughts. Now see what you can do to give these more energy and commitment – the equivalent of regular watering. For example, if you don't have a garden, try growing herbs in a window box; or move from daydreaming about the gorgeous guy to starting a conversation with him. Stop your negative thoughts in their tracks by switching to a happy thought – this could be a person, a place or an event that makes you feel great. Act to help your positive thoughts to flourish and you'll not only enjoy your own pest-free garden but you'll find its attracting some interesting visitors instead!



Aconitum (Monk's Hood): This is a powerful detoxifier, removing long-term negative thinking from your aura. Good for shock, anxiety, panic attacks and fears, particularly a fear of flying. Said to be physically helpful at the start of a cold or flu. This essence releases the need to dominate, control or define another's reality or to limit your own version of reality. It enhances self-reflection. This essence helps you find what nourishes you, so you connect with abundance, vitality and physical health in the natural world. It brings a healthy awareness that you're ultimately responsible for yourselves and our own well-being. Monkshood helps you become aware of patterns that are detrimental to well-being. This essence helps you realise you create your own world and strengthens your ability to attract what you truly need in order to thrive, in balance with the needs of your environment and others, and to move towards health. *Useful affirmation: 'I release negative thoughts and effortlessly replace them with positive ones.'*



Bird of Paradise: This is the essence of flamboyance. It frees physical expression of your creativity. It's particularly effective in releasing artistic talents after a cathartic release of repressed anger. It is especially useful for artists and actors. This essence allows your beauty and presence to flourish, attracting positive attention and support. It's highly stimulating to the sacral and throat chakras. It allows your higher self to inspire and direct your creativity. It also helps you keep perspective and compassion around relationships. It particularly helps women in abusive relationships to break free. It enhances your ability to fly free and independently, moving you towards self-empowerment. It assists in the integration of past and present. It clears stale old habit energies, replacing them with a decisive zest for action, enthusiasm, and joy. *Useful affirmations with this essence are: 'I now fully connect with my inner dramatic creative energy, and I regain my confidence to boldly express this without reservation,' and, 'I radiate beauty that attracts those who can best support me.'*



* With acknowledgement to Morningstar Essences, Hummingbird Remedies, Lightbringer Essences and New Millenium Flower 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