

Karma coach

# Cast off your Karmic cardigan

This month the Karma Coach shows you how to shed your fear and be bold and beautiful for summer

As summer arrives, some of you may be thinking with delight about showing off your curves in skimpy clothing, while others dread the loss of camouflage afforded by winter woollies. But I'm not really talking about extra layers of flesh which can make us self-conscious, but about what these feelings represent. How we feel about our body and expressing ourselves physically is hugely influenced both by the messages we're given by our family as children and by the karma we carry from previous generations and lifetimes. Our bodies carry these layers like karmic cardigans wrapped around us, from lifetime to lifetime. They remain stored within our DNA, cellular structures and auras. These beliefs and unhealed emotions lie buried in the unconscious, influencing our lives, our relationships and our self-worth. They can emerge unexpectedly in situations where we feel vulnerable or fragile, when we don't understand why we feel the way we do.

Some of the heaviest karma comes from family secrets. The saying 'what we suppress, we express' is never clearer than in families. Previous generations lived in a much less open and tolerant society so secrets around sexuality and abuse were rife, with women being particularly repressed. If any of your ancestors were excluded due to illegitimacy, adultery or having the 'wrong' sexual orientation the chances are that you or your siblings will express that sense of exclusion or victimisation in your own lives until it's healed.

Luckily these days we're far more tolerant and have many tools at our disposal for healing and releasing this karma quickly and easily. Some of the most powerful of these are flower and crystal essences, which work at a cellular level to gracefully transform karma so we feel happy in our skin, ready to celebrate our beauty and express our pleasure at being in the world. Here is a selection of flower remedies to try:



## Gerbera ...

Restores lightness, playfulness, and the expression of joyful innocence and childlike pleasure. Releases negativity in our sacral

chakra, particularly sexual guilt. Encourages appreciation of physical beauty.



## Bird of Paradise ...

Brings in artistic energy such as dance and drama. Helps those afraid of standing up and being seen.

Allows your beauty and presence to flourish and expand. Attracts positive attention and support. Highly stimulating to the sacral and throat chakras, it allows your higher self to inspire and direct your creativity. It also helps keep perspective and compassion in relationships. It particularly helps women break free of abusive relationships, increase self-empowerment, and replace stale old habit energies with a decisive zest for action, enthusiasm and joy. A useful affirmation in conjunction with Bird of Paradise, is: 'I now fully connect with my beauty and inner dramatic creative energy. I regain my confidence to boldly express this without reservation and to attract those who can best support me.'



## Hibiscus ...

Beneficial for women who have unconsciously absorbed media images of dehumanized sexuality. Hibiscus creates flowing

warmth, passion and responsiveness throughout the body and soul, healing and reclaiming our authentic sexuality. It dissolves layers of vulnerability and fragility created in past incarnations, including karma from past generations. It propels us out of suffering, enabling us to lighten up and experience more joy and laughter. A useful affirmation to use with

hibiscus is: 'I now raise my divine self above the limitations of my physical body, tapping into the unlimited knowledge of all creation. I now move beyond the grief of past generations, experiencing blissful peace, joy and laughter.'



## Bluebell ...

Clears creative blocks in the throat. Supports sound therapy and singing.

Helps those who've blocked off their emotions or who have become over-controlling through fear their feelings of love are limited. Bluebell increases self-esteem, releasing feelings of guilt or self-disgust, often from childhood. Bluebell opens our heart to joy and spontaneity, promoting a belief in abundance and universal trust.

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](http://spiritoftransformation.com). **Always follow pack instructions when using flower remedies.**

**NEXT MONTH:** All work or all play? How to release karmic patterns of workaholism or self-destructive hedonism, for a balanced lifestyle.