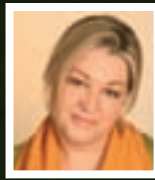




Karmic attraction



In search of Mr Right? Then sort out your energy field first; the more you shine, the more your light will attract plenty of suitors, says our Karma Coach *Nikki Wyatt*

Many of us say we'd like to meet our soul mate but then push that possibility away with beliefs such as, 'but he won't like me once he knows the real me', or, 'but I can't meet him until I've lost six pounds', or, 'I bet he'll turn out like all the others'. Get some therapeutic support to reverse the negative thinking and heal the hurt. Whether it's NLP, flower essences or reiki it doesn't matter. Intention is everything and this is your priority.

If you don't happen to have a soul mate now, that doesn't mean you have to say goodbye to love and physical intimacy. Quite the opposite: it's important to keep those emotional muscles exercised so you remember how good it feels to be intimate, how delightful it is to be caressed and complimented. If you let that go, the next step is convincing yourself that 'you're better off on your own'. Our skin needs touch, so book regular massage or other beauty treatments. It's a good way

to ensure you don't give off desperate vibes or make disastrous choices just because it's been too long since you felt the warmth of another human being. Keep those attraction channels open: flirt with people you meet. Even complimenting someone on a flattering hair-style can raise a smile and do wonders for their self-esteem. Good flirting gives

"Cultivate a habit of closeness and sharing"

the message to someone that 'you're attractive, I like your company'. Lighten up your life. Ensure daily laughter and a sense of perspective; sign up to get a joke or a spiritually uplifting email in your inbox each day. Make your screen saver something that gives you a smile – it's a free facelift.

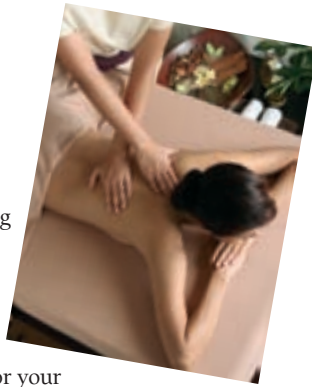
Women are often conditioned to please, which means we can be over-compliant, especially at the beginning of a relationship, or over-combative out

of fear of losing control. So develop good boundary-setting skills before you meet your mate so you can negotiate and state your needs clearly. Over-compliance leads to resentment – the recipe for nagging on your part and withdrawal on his. Cultivate a habit of closeness and sharing even if you're single. It keeps you feeling positive, expands your social network and means that when your soul mate comes into view you don't hail them like



the last lifeboat from the Titanic! Any group that shares a mutual interest and makes you feel uplifted is great – whether it's quilt-making or co-dependency anonymous. Honest sharing also helps you keep a sense of perspective; isolation breeds obsession, dissatisfaction and cosmetic surgery! If your soul mate arrives, are you ready? Don't wait for your eyes to lock across a crowded room before you realise your lingerie, beauty regime and bedroom need a makeover – do it now.

Also, nothing is more attractive than someone engaged in something they're really passionate about. In energy terms you can see someone's aura radiate and expand when something fulfils them. If you feel your life is dull, your energy field will be, too, and your soul mate will need a guide dog to find you. Slumped in front of a depressing soap opera you're never going to catch anyone's attention, but express your unique creativity in the local dramatic society and you put on the energetic equivalent of a fluorescent vest. So whether it's belly-dancing, cycling, sculpting or singing, go and activate those transmitters!



Top ten love tips

- Follow your own star – be true to yourself. You won't attract a mate if you're playing a role
- Give and receive love. Heal the armour around your heart. Practice building trust in relationships. Be honest and loving in your communication, starting with friends and family
- Be specific about who you'd like to attract. The universe needs to have detail so it knows who to send
- Spend time each day lightening up. Laugh, flirt and learn to be spontaneous
- Get out of a dull routine. Have fun and connect with your passion
- Clarify your boundaries. Many of us subconsciously fear we'll 'lose' ourselves in a partnership, so we sabotage our relationship chances
- Cultivate self-acceptance. Be comfortable in your own skin – it makes you great company
- Take an honest look at past relationships, identify the repeating patterns and deal with them
- Prepare yourself and your environment for a new partner. Invest in new lingerie; create a seductive boudoir
- Ensure you're in an environment of loving intimacy once a week

Essences for love

Star sapphire: Attracts friendships as well as easing communication and breaking the ice when meeting new people. It alleviates the fear that you won't be liked or respected by others because of past experiences when you felt rejected or unlovable. It attracts wisdom, self-awareness and insight into compulsions so you see the true motivations for your behaviour. It encourages you to feel fortunate by recognising all the good that you've already received. Affirmation: 'I have an abundance of wonderful friends who love and support me'.



Blue cornflower: This attracts new love into your life and re-ignites passion between long term-partners. It helps you to remember and focus on why you fell in love with your partner to begin with. This essence draws in sweetness and joy, united in love. Affirmation: 'I see only the good in my beloved and my beloved sees only the good in me'.



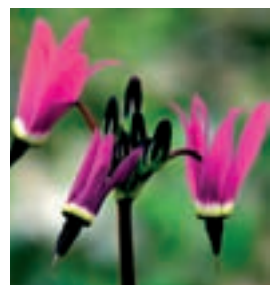
Green jasper: This essence develops healing intuition and increases your energy. It maximises clairvoyant abilities and reduces anxiety. It helps with stagnant energy in the lower body, an uneven flow of sexual energy and a weak or lost connection with the Earth. Green jasper helps reset your body's natural rhythms, restoring Earthly sensuality and healthy sexuality. It helps women with a tendency to be over-serious, to embrace the 'wild feminine'.



Fremontedendron: Also known as flannel flower, this helps if you feel uncomfortable with intimacy. It encourages gentleness and sensitivity in touching. It allows you to trust, to express feelings openly and feel joy in physical activity. The petals of this flower resemble the sensuous texture of flannel – it almost begs to be touched and felt. This essence supports you if uncomfortable with emotional intimacy as well as physical contact. It helps you to totally trust and express your innermost feelings. Physically this essence eases skin conditions.



Pink shooting star: A major healer for a broken heart, this allows you to begin trusting others and life once again. It attunes you to unconditional love, attracting more love and support from other people as a result. This essence has a very uplifting, peaceful quality. Useful affirmation: 'Love renews and heals me on every level.'



With thanks to Morningstar and Alaskan 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